



VERVE

Basel Body
Temp



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Basal Body Temperature charting

The basal body temperature (BBT) is an integral tool used to assist with fertility tracking. The BBT chart allows a better understanding of the timing and quality of the different phases within a menstrual cycle. The BBT chart simply graphs the body temperature when the body is at its coldest – when waking in the morning. This allows for a standardised comparison between days.

Recording your temperature on the BBT chart:

- Start a new BBT chart on the first day of bleeding (period). Your first day of full flow and not spotting.
- For a reliable and meaningful reading, make sure you have had at least four hours of unbroken sleep. If you feel a poor sleep may affect your chart, mark it on your chart so this will not be forgotten during your next consultation.
- Take your temperature immediately after you wake up each morning, ensure your thermometer is next to your bed, do not even chat to your partner first. Try your best to do this at the same time each morning. If you delay your reading, it may result in anomalies in your BBT chart.
- I advise you use a digital thermometer, not one that you point at your forehead but one that goes under the tongue, you can find thermometers which are specifically designed for BBT readings.
- Make sure you read the instructions which accompany your thermometer and follow these instructions closely. This will ensure an accurate temperature reading.
- Use the same thermometer throughout the entire month.
- You can either use your thermometer orally or vaginally. For convenience, orally is fine (a vaginal reading will only be necessary if you receive very inconsistent readings orally).



Cervical Mucus

Testing your cervical mucus:

- From day six in your cycle start to test your cervical mucus.
- To do this, insert your finger at the entrance to your vagina and collect any mucus which is present. If you do not find any, carefully insert your finger to the entrance of your cervix.
- On your BBT chart, rate your mucus in terms of “W” for watery, “S” for sticky and “L” for lubricating. “W” is when the mucus is like water. “S” is when the mucus stretches between your fingers and starts to look like egg white. “L” is less thick and stretchy and feels lubricating and more slippery.
- Rate the volume of your cervical mucus as either “L” for light, “M” for medium and “H” for heavy. Try your best with this rating and do not worry if you are unsure. It will become easier to rate as your mucus changes during your cycle.
- Your app will have its own ratings for these, please ensure you use the app fully.

Other



- During menstruation, each day rate the colour of the blood as either light, medium or dark. “L” for light coloured watery blood. “M” for normal blood red coloured blood. “D” for dark, brown or even purple coloured blood.
- Rate the volume of your menstrual blood as either “L” for light, “M” for medium and “H” for heavy.
- Take note of any signs and symptoms you experience during your cycle. Examples of symptoms which are worth noting are mood changes/irritability, breast sensitivity, period pain and back pain etc. Record them in the space provided.
- I recommend the Kindara app, it’s free, easy to use and charts can be shared.
- If you'd rather use a paper chart let me know and I can send you one over.