

## **Importance of Charting**

Charting allows the body to speak to us – tracks progress

3 parts to tracking:

- Cervical Mucus
- Temps
- LH Test (OPK's)

We will see how these interact with each other

The more you track the more information we acquire:

- Bleed days
- Spotting
- Clots
- Cramping
- Food cravings
- Mood
- Stressed
- Alcohol

Temps tell us overall info of cycle

- Thyroid function
  - Follicular phase
  - Ovulation
  - Luteal phase
- Cover line during follicular
  - Above during luteal
    - These indicate some kind of ovulation

When temps are low – 96 in follicular = sluggish thyroid

Temps should be in 97's for follicular – ½ degree increases for ovulation

Luteal temps should be 98 for 12 days

CM - # of fertile days – if follicles are secreting ample estrogen

- Quality of cm – thick, stretchy, watery
- Choreography of cm w/temps and LH
- White abundant, stretchy is good

OPK sticks or tabs – tells when LH is surging – light or strong lines – strong is better

- Do we get a positive?
- What is the interaction with OPK and CM – tells us how well hormones are functioning
- Good choreography = CM – OPK test and temp telling us that ovulation has occurred
  - CM stretchy and abundant for at least one day
  - Strong OPK reading
  - Temp surge at least .5 degrees in one day

### **Taking Temp**

- Same time in the morning
- Don't get out of bed, talk a lot or move before taking
- Don't worry if you get up to pee a few hours earlier
- Digital oral is fine – digital vaginal is best
- Take temp in morn even if you work overnight

### **How to Chart Temp**

- Start taking temps on day 1 of period
- Round to the 10's place – 97.74 = 97.7
- Circle temp on chart (or if using an app – put in temp)
- Connect dots (app does it for you)
- Start next on first day of next period when bleeding starts and temps drop

### **CM**

- Start checking few days after period ends
- Squat and put pointer finger and mid finger in vagina
- Cervix will feel like nose or lips
- Swipe around cervix and over OS (opening)
- Pinch fingers with thumb to test stretchiness

### **Documenting CM**

- After period you can have dry CM
- Then it becomes milky or lotiony
- Then may become watery and clear
- Then should stretch like egg whites
- After ovulation you will have white, pasty CM

### **OPK Sticks or Strips**

- Test strips are fine
- Start testing 5 days before temp usually surges
- Test with your 2<sup>nd</sup> urine of the day

- Sometimes test at night as well
- Sometimes test throughout cycle if not getting a strong positive

### **Charting OPK**

- Always write in negatives
- Note light readings with L, medium with M
- Note positives with +
- If testing twice a day, note both tests

### **Phases –**

What we want to see during the period

- Temps should drop with onset of bleeding
- Want steady low temps
- Ideally temps are at least 97 – better at 97.5
- Nice even 3-5 day flow without clots or cramps
- No spotting before or after period

Follicular Phase

- Temps remain steady around 97.5
- Ideally not more than .3 of variation
- Choppy temps indicate stress and/or hormonal imbalance
- CM goes from dry to milky and profuse
- Ideally + OPK's only occur late in follicular phase

Ovulation

- Cloverleaf of hormones interacting
- Ovaries secrete estrogen as follicles grow
- FSH – estrogen – LH – P2
- Estrogen – CM – +OPK – rise in temp is the key
- A steady follicular phase lays foundation for strong ovulation and a 12 luteal phase

Luteal Phase

- At least .5 temp surge
- Ideally not more than .3 of variation throughout luteal phase
- Choppy temps indicate stress or improper secretion of progesterone – will have impact on implantation
- We want temps to remain above 98.0
- No more + OPK's
- CM turns to white and pasty