

# Instructions

This chart of your basal body temperature will help your doctor to determine whether you are ovulating normally. Your doctor will interpret this chart for you. Based on what it shows, your doctor may prescribe a course of therapy. Be sure to follow all instructions carefully.

1. Fill in dates across the top of the chart *in advance*. This will help you remember to record your temperature each and every day.
2. Every morning, immediately after you awaken, place the basal body thermometer under your tongue and leave it in place for a full five minutes. Readings should be taken at the same time every day. Do not eat, drink, or smoke before taking your temperature.
3. Record the temperature reading on the chart by placing a dot on the appropriate horizontal line in the column beneath the date. If you miss a day, leave a blank column. Connect the points with straight lines.
4. Any events which could affect your temperature should be written in next to each point. These include: a cold, infection, insomnia or variation in sleep schedule, unusual stress, medications (specify), and any other information your doctor asks you to record.
5. In the boxes provided at the top of the chart, check off the days on which you have sexual intercourse (coitus).
6. Also block off the days of your menstrual period (menses) in the appropriate boxes at the top of the chart. If you are having menstrual periods, the first day of your menstrual flow is considered Day 1 of your cycle; in this case, start a new chart on this day. If you are not having menstrual periods, complete one chart fully before starting the next.

*Special Instructions:* \_\_\_\_\_  
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