



Basal temperature graphs are often helpful in determining if and when ovulation has occurred. In a normal ovulatory cycle, the basal temperature will be 1/2° to 1° higher during the second half of the cycle (post-ovulation) than it will be during the first half of the cycle (pre-ovulation). Ovulation occurs at the time of the shift from the lower temperature levels to the higher temperature levels. This is referred to as a "biphasic graph." If ovulation does not occur, a relatively flat graph is seen, without a definite temperature shift (monophasic graph).

Conception can only occur only at or around the time of ovulation. Therefore, intercourse or abstinence should occur at this time, depending on whether pregnancy is desired during this cycle.

**DON'T FORGET TO BRING YOUR TEMPERATURE CHART  
EACH TIME YOU VISIT THE DOCTOR.**

**DIRECTIONS:**

1. A regular fever thermometer or special "metabolic" thermometer may be used.
2. Your temperature should be taken each morning at approximately the same time, immediately on awakening, before eating, talking, smoking, or arising.
3. The thermometer should be placed under you tongue, with the mouth closed, and left in place for five minutes, by the clock.
4. After you have taken your temperature, carefully record it on the graph by means of a dot under the appropriate day. Each daily dot should be joined to the previous day's dot by means of a straight line.
5. Start a new graph with each menstrual cycle. The first day of your menstrual flow is day "1" of the new cycle. Mark an "X" in the space for that day, and for each successive day that the flow continues. Your temperature need not be taken while you are having your menstrual period.
6. After your menstrual cycle has stopped, begin taking your temperature again, as described above.
7. In order to assist you physician in interpreting the graph, it is very important to make the following notations on the chart:
  - A. Circle the dot on the days that intercourse occurs and write "a.m." or "p.m." above the circle, as the case may be. Note any pain, vaginal bleeding or spotting, or any unusual vaginal discharge (some women can recognize ovulation by a twinge of lower abdominal pain on either side, by slight vaginal spotting, or a thin vaginal discharge).
  - B. Record any recognized causes for temperature changes, such as a cold, other illnesses, indigestion, alcoholic beverages, restless sleep, going to bed late, arising late, etc.
8. It is necessary to record your temperature for at least two or three cycles, before the graph is of much value. There will be many variations in individual graphs, which can be best interpreted only by your physician.

PT.NO.

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**BASAL TEMPERATURE GRAPH**







