

PRS Clinical Services

a division of the Genetics & IVF Institute, Inc.

How to Predict When You Ovulate

Instructions For Taking And Recording Your Basal Body Temperature (BBT)

Your basal body temperature is the temperature of your body after several hours of inactivity (usually sleep). It will be about the same every morning upon awakening unless you have a fever, insomnia or other activity during the night. However, after you ovulate, your temperature will rise over the next 2 or 3 days by about ½ to 1 degree and will stay at this somewhat higher level until the beginning of your next cycle. The change of hormone levels after ovulation causes the temperature rise.

- 1. On the first day of your menstrual period, enter the date in the space provided. This is **Day 1** of your new menstrual cycle.
- 2. Color in the square corresponding to *Menstruating* for each day of your flow, as shown below.
- 3. Each morning *after* Day 1, place the thermometer under your tongue for at least 2 minutes *before you eat, drink or get out of bed.* Do not use the electronic fever thermometer, as it is not as accurate as a BBT thermometer.
- 4. Record your temperature reading on the graph by placing a dot on the line corresponding with your temperature reading, as shown below.
- 5. Once you begin testing with the Ovulation Predictor Kit (OPK), place a + in the space on the first day your OPK test is positive, as shown below.
- 6. Your temperature in a normal ovulatory cycle will likely begin to rise (or may rise sharply) by ½ to 1 degree about one to 3 days after you ovulate and will fall just before your next period (see example below).
- 7. Because your temperature rises *after* ovulation, the BBT should not be used to try to time your insemination, but rather to help you estimate when you may expect the positive OPK (and ovulation) in future cycles.

New Menstrual Period

8. On the first day of your next period, start a new graph.

Day of Cycle 12 16 17 2 2 3 6 10 11 13 15 18 19 20 21 24 25 1 May Apr Date of Month 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 3 5 6 **Positive OPK** Menstruating Medication Start New Cycle Likely ovulation Graph Window 1 99.2 0 М 99.0 A 1 98.6 98.4 98.2 97.8 97.6 97.4 97.2 97.0 96.8 96.6

FRM-Clin004-20130206 BBT Chart Effect	tive Date:
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BASAL BODY TEMPERATURE RECORD®

Name:														_											Mo	ont	h:_									_	
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