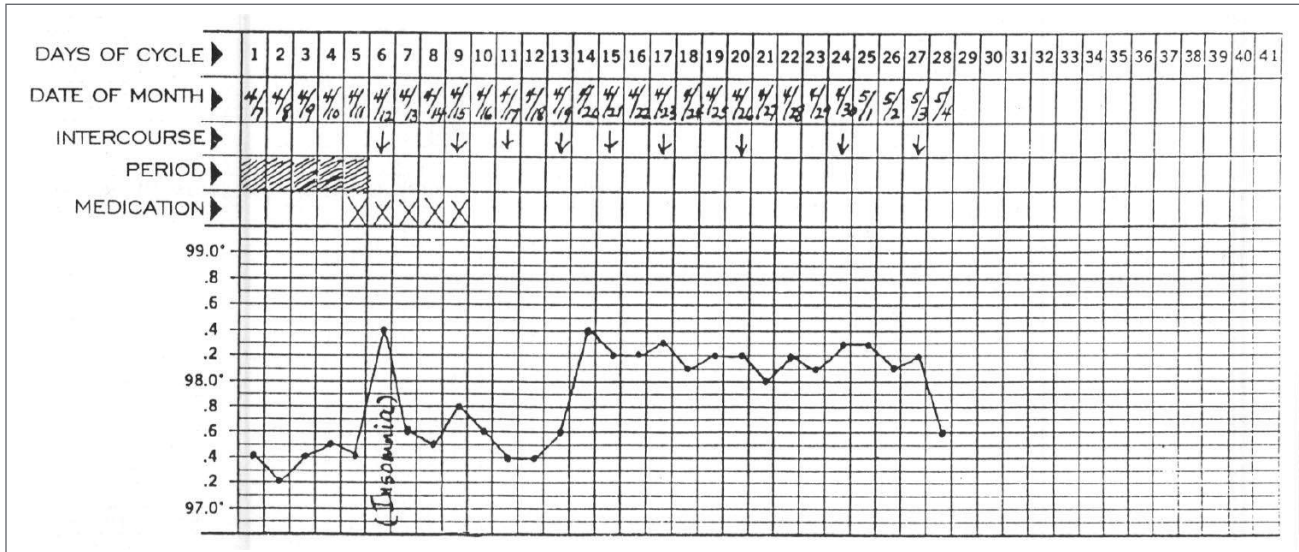


Basal Body Temperature



How to Keep a Basal Body Temperature Chart

1. Insert the date of the first day of your period in the first box of the second row.
2. Each morning, when you wake up, but before you get out of bed, place the thermometer under your tongue for at least 2 minutes. Do this every morning, even during your period. Be sure not to eat, drink, smoke or brush your teeth before taking your temperature.
3. Accurately record your temperature reading on the graph by placing a dot in the proper location (see example above). Indicate days of intercourse by a down-pointing arrow in the space provided.
4. The first day of your period is considered the starting day of each cycle. Indicated the days you bled by blocking the square on the row marked "period".
5. Any obvious reasons for temperature variation such as a cold, infection, insomnia, indigestion, etc., should be noted on the graph above the information listed for that day.
6. Ovulation may be accompanied, in some women, by a twinge of pain in the lower abdomen or an increase in vaginal discharge (clear, slimy discharge). If you notice this, indicate on the graph when this occurred.
7. Start new cycle on the next graph.

continued >

BALTIMORE
341 N. Calvert Street
Suite 201
Baltimore, Maryland 21202

BALTIMORE WEST
7001 Johnnycake Road
Suite 105
Windor Mill, Maryland 21244

BALTIMORE EAST
3601 O'Donnell Street
Suite 150
Baltimore, Maryland 21224

CONTACT
office: 410-633-6300
fax: 410-633-6736
web: hoffmanobgyn.com

