



Some important guidelines to follow when taking your BBT

Please note that these are ideal guidelines. The realities of your life may make meeting these ideals difficult or impossible at times. Ovulation can usually be detected even under less than ideal conditions. The closer you can get to the ideal, however, the more accurate and reliable your ovulation detection, analysis and interpretation will be.

- It is important to use an accurate thermometer. We recommend using a digital basal thermometer.
- Take your temperature **before rising** in the morning, as any activity can raise your temperature.
- Take your temperature at the **same time** every morning.
- Take your temperature after **at least three consecutive hours** of sleep.
- Keep your thermometer **accessible from your bed** so you do not have to get up to get it.
- Use the **same thermometer** throughout your cycle if possible. If it breaks or the battery dies and you use a new one, make a note of it on your chart.
- Temperatures can be taken **orally or vaginally** but it is important to **be consistent** throughout the cycle since the temperature range may vary.
- Record your temperature **soon after you take it** (or ask your partner to) since most thermometers only store a reading until the next use.
- If you must use a heating pad or electric blanket, keep it at the **same setting** throughout your cycle and make a note of its use.
- Take your temperature before doing anything else including eating, drinking, speaking or going to the bathroom. All of these activities will raise your temperature. If circumstances arise that prevent you from taking your temperature right away, take it as soon as you are able and make a note of the circumstances.

- If you have special circumstances, on a temporary or an ongoing basis, and you are unable to follow all of the above guidelines, keep taking your temperature anyway following the guidelines as closely as possible. Make a note of your special circumstances in the notes section of your chart. There is still a good chance that you will be able to chart and see your fertility pattern.

- Enter your temperature *and* always record the time you took it on your data entry page. The time you took your temperature is also important for the analysis.

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