



BASAL BODY TEMPERATURE (BBT) CHART MONITORING

Purpose:

Keeping a BBT chart allows your physician to evaluate and monitor your monthly ovulation pattern each cycle as well as review your progress.

Type of Thermometer:

Use a basal body digital thermometer.

Procedure:

1. **DIGITAL basal body thermometer:** As soon as you wake up in the morning (before you get out of bed or move around), take your temperature.
2. Chart your temperature on your BBT chart in the appropriate place. Charting instructions are written on the back of the temperature record sheet. Your doctor or nurse can answer any questions you may have.
3. When you have completed a full cycle (from when your period starts to when your next period begins), fax or deliver your completed temperature record to University Fertility Consultants. Please include a phone number where you may be reached during our office hours of 8 a.m. to 4:30 p.m., and include a pharmacy phone number in case we need to call in a prescription for you.
4. **DO NOT try to predict what is happening in your cycle by looking at your temperature chart. It is for your doctor to review at the end of your cycle to see if they need to change something to make your next cycle better.**

Follow-up:

Please allow five days for your temperature record to be reviewed by the doctor and a nurse will contact you with further instructions. If you have not heard from us by the fifth day of your cycle, or you are unsure of which medications you may need, please call our office.

If you need a prescription refill, please call our office and leave a message, including your name, phone number, doctor, and ***your pharmacist's phone number***, with our receptionist. The message will be forwarded to your doctor's nurse to call in the prescription. The nurse may call you back if there is a question

If your temperature remains elevated two weeks post-ovulation, do a home pregnancy test. If the test is positive, call our office to arrange for blood tests.