

# Planning pregnancy – does temperature help?



## **Is the temperature graph useful in planning pregnancy?**

The Temperature (BBT) chart can give **three** pieces of information of use to the couple planning pregnancy:

1. The Temperature Chart can confirm ovulation.
2. The Temperature Chart can confirm ovulation did not occur.
3. The Temperature Chart can confirm pregnancy (Fig. 12-3)

## **Temperature Chart (thermal shift) can confirm ovulation:**

The rise in the basal body temperature (BBT) tells the woman that ovulation has occurred. Although this information is reassuring to the couple, **from the point of view of achieving pregnancy it is of little use** because once the thermal shift occurs the possibility of pregnancy decreases almost immediately as the ovum lives for just 24 hours and the fertilizable life of the ovum within that 24 hour period is from 8 to 12 hours.<sup>1</sup>

The **cervical mucus** indicator defines the fertile phase of the cycle before the thermal shift occurs. Therefore to **achieve pregnancy** sexual intercourse should occur on those potentially fertile days leading up to ovulation when oestrogenic **fertile-type mucus is present** and in which sperm can survive for up to five days.<sup>2</sup>

## **Temperature Chart can confirm ovulation did not occur in the cycle, (this is called an ovular cycle)**

This information is also of use to the couple. Occasionally an ovular cycle may occur. However if ovular cycles are recurring the woman should consult her doctor. (see Fig 12-2 in [What Information Can Be Got From The Temperature Graph?](#)).

## **Temperature Chart can confirm pregnancy (Fig. 12-3)**

