

What Information Can Be Got From The Temperature Graph?

What information is got from the Temperature (BBT) Chart?

The basal body temperature (BBT) graph can give **three** pieces of information:

1. That ovulation has occurred.
2. That ovulation has not occurred.
3. It can confirm pregnancy

The Temperature Chart can confirm that ovulation has occurred:

Ovulation, (*the release of an ovum*), occurs just once during the menstrual cycle and the ovum lives for 24 hours. If a second ovum is released as in the case of twins, then both are released in the same 24 hour period. By taking her basal body temperature (BBT) each day and marking it on a chart the woman can tell when ovulation occurred. When the ovum is released, the temperature rises above its previous level. It stays at this higher level for about fourteen days, and if the woman does not become pregnant it falls to the original lower level when the next menstrual period begins. It is the change of temperature from the lower to the higher level which shows that the ovum has been released, (Fig. 12-1). The rise in temperature is due to progesterone secreted by the corpus luteum in the ovary after ovulation. The rise in temperature is known as the **thermal shift** and the rules regarding the definition of a thermal shift must be taught by a trained natural family planning teacher.

The sustained rise in basal body temperature after the thermal shift is due to progesterone from the corpus luteum after ovulation, and confirms that ovulation has occurred. After ovulation the ovum lives for **24 hours** and when the **ovum dies** the **woman is infertile**. The second infertile phase of the cycle after ovulation is called the definitely infertile phase as the woman cannot get pregnant in this phase as the **ovum is dead** and **no further ovulation will occur** in that cycle. According to the **RULES** of the *symptothermal double-check method* of Natural Family Planning (NFP), two fertility indicators, 'BBT' and 'cervical mucus' whichever comes last, are used to define the onset of the 'definitely infertile phase'. The woman must be taught these Rules by a qualified NFP teacher. The definitely infertile phase ends on the day before the next menstrual period, as the first day of the period is 'Day 1' of a new cycle.