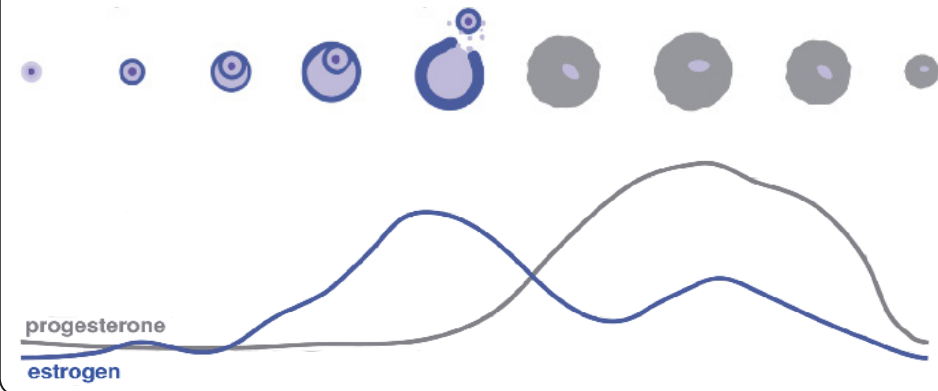


### Hormonal activity in a cycle



Observation	Charting symbol	Fertility
menstruation, any bleeding	H = heavy, M = medium, L = light, S = spotting, B = brown	hormonal activity to be determined
dryness	G = progesterone	infertile
changes to moist	EL = estrogen rising	increasing fertility
stretchy, clear, slippery, very fluid	ES = estrogen high last day of ES is Peak day	fertile
changes to dry	1-2-3 = count 3 days after Peak day	fertile
dry until end of cycle	G = progesterone	infertile
pasty, sticky, unchanging	chart color chart also any E mucus or bleeding	hormonal activity to be determined

### Identifying ovulation

#### Ovulatory phase:

- begins at 'point of change' to EL or ES mucus
- ends at Peak day + count of 3 days

Count 3 days of possible fertility after:

- Peak day or ES mucus
- any bleeding other than period

Count 4 days of possible fertility after LH surge

### FEMM Family Planning

Chart Intercourse = I

*To avoid pregnancy, use:*

#### pre-ovulatory phase

- alternate dry days, evening

#### post-ovulatory phase

- 4th day after Peak day

*To achieve pregnancy, use:*

#### ovulatory phase

- days of ES mucus

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FERTILITY EDUCATION & MEDICAL MANAGEMENT

Name

Date

