

Taking your basal body temperature for conception purposes:

Your body temperature reflects your metabolic rate, which is largely determined by hormones secreted by the thyroid gland. All that is needed is a thermometer.

1. If using a non-digital thermometer, shake the thermometer to below 35 degC and place it by your bed before going to sleep at night.
2. On waking, place the thermometer in your armpit for a full 10 minutes. It is important to make as little movement as possible. Lying and resting with your eyes closed is best. Do not get up until the 10 minutes test is complete. (Digital thermometers await the beep to show temperature recording is complete).
3. After 10 minutes, read and record the temperature and date.
4. Best time to record the temperature every day is before rising.
5. Please note the following conditions – ill health (infection), extreme temperature changes (ie electric blanket), stress, hangovers, medication or drugs, air travel across time zones (all affect basal body temperature).

NB Use Temperature Chart with the Ovulation Chart to give you maximum information.