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How to Take Your Basal Body Temperature

In over 60 % of the women we see in the office that are having difficulty conceiving it's a matter of timing. Charting your Basal body temperatures is a great way of knowing when you are ovulating, and to determine your most fertile days for conceiving.

Taking Your Temperature

Take your temperature with a digital thermometer at the same time each morning before you do "anything else," before any other activity. Ideally it should be taken throughout the cycle.

Charting Your Temperature

Place your Basal thermometer on a night table near your bed. Take your temperature the first thing in the morning before you get out of bed, and try to remain still. Then write it down on a pad of paper. To make it easier use a digital thermometer that is capable of storing your last temperature, and you can record it later.

Take your temperature at the same time each day. This will ensure that you get the most accurate results.

The key reason for charting is to know when you are ovulating and if your luteal phase is long enough for implantation.

And it's not as difficult as you may think, thanks to Toni Weschler the author of "Taking Charge of Your Fertility." Toni is recognized as the leading expert in the field of women's reproductive signs, pregnancy and reproductive health. I highly recommend her book to anyone that is trying to get pregnant. The most simple, and effective method for charting your Basal body temperatures is to use a software program to track your most fertile days. Below is a list of the ones we recommend.

BBT Software Programs:

Taking Charge of Your Fertility Software by Toni Weschler
Fertility Friends Fertility Software
Basal Body Temperature Chart

