


What is a cycle?



It should be emphasized that the BOM recognises only one type of cycle, that is the ovulatory cycle in which a Progesterone Change providing calculation of a Peak day is observed and which therefore ends with menstruation. This includes the fully fertile ovulatory cycle and the infertile ovulatory cycles with deficient or short luteal phases.

Prof J B Brown: "Studies on Human Reproduction"

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What is BIP?

- The Basic Infertile Pattern or BIP refers to the pattern which tells a lady that she is infertile in the pre-ovulatory phase.

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | |
|---|-----|-----|-----|------------------|-----------|------|------|------|------|------|-------------------|------------|---------------|-------------------|-------------|------------------|------|-------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|---------------|
| Symbol | Wet | Wet | Wet | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• |
| Description of Discharge: Sensation / Appearance | Wet | Wet | Wet | Dry Slight Brown | Dry Brown | Dry | Dry | Dry | Dry | Dry | Wet Crusty Sticky | Damp Lumpy | Cloudy Sticky | Wet Clear Stringy | Wet Stringy | Slippery Stringy | Dry | Damp Cloudy | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Melted Cloudy |

BIP

What is BIP?

- As long as a Peak has not been identified, the woman is still in her pre-ovulatory phase and any infertile time is her BIP.

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | |
|---|-----|-----|-----|------------------|-----------|------|------|------|------|------|-------------------|------------|---------------|-------------------|-------------|------------------|------|-------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|---------------|
| Symbol | Wet | Wet | Wet | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• | •••• |
| Description of Discharge: Sensation / Appearance | Wet | Wet | Wet | Dry Slight Brown | Dry Brown | Dry | Dry | Dry | Dry | Dry | Wet Crusty Sticky | Damp Lumpy | Cloudy Sticky | Wet Clear Stringy | Wet Stringy | Slippery Stringy | Dry | Damp Cloudy | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Melted Cloudy |

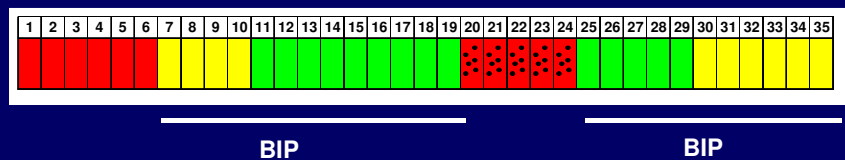
BIP

What is BIP?

- The BIP can be interrupted by non-menstrual bleeding and/or mucus. (as provided for in EDR3)

Menstruation –
preceded by a Peak

Interruption of BIP

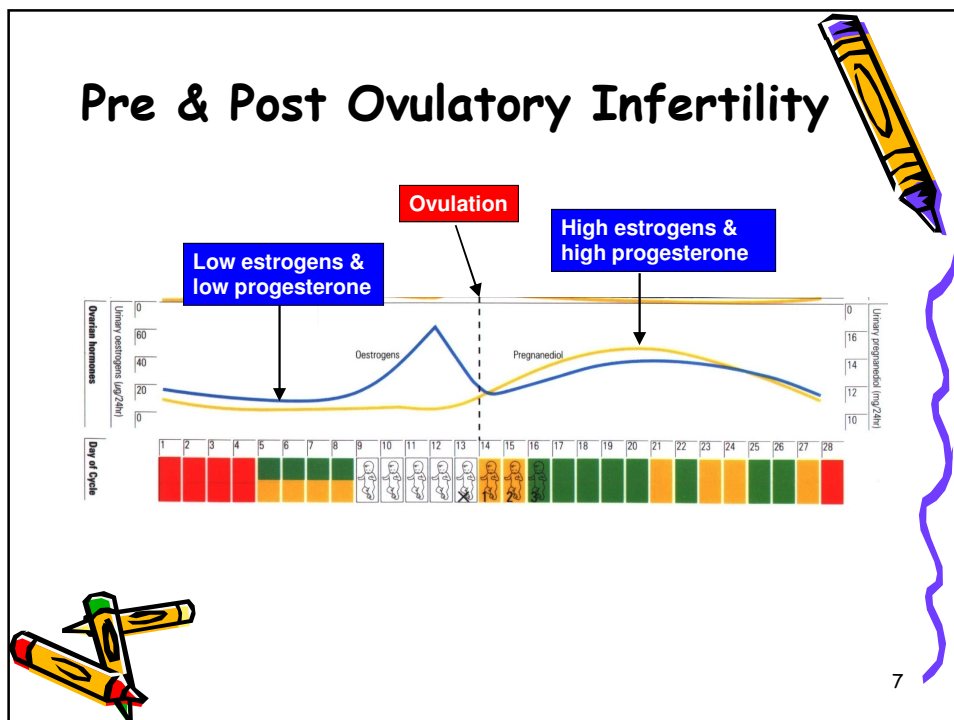


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Difference between pre-ovulatory infertility and post-ovulatory infertility

- Pre-ovulatory infertility is accompanied by low estrogens and low progesterone.
- Post-ovulatory infertility is accompanied by high estrogens and high progesterone, although the progesterone is dominant over the estrogen.
- So BIP is accompanied by low estrogens and low progesterone.

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Thinking in Patterns – a Key concept of the BOM

- **Changing Pattern vs Unchanging Pattern**
 - Not a certain type of sensation or discharge which by itself indicates fertility or infertility
 - Pattern formed by the daily observations and records would tell a lady whether she is in the fertile or infertile phases.



Thinking in Patterns – a Key concept of the BOM

- **So, pattern defines the fertile & infertile phases**

- An unchanging pattern indicates infertility because it reflects low estrogen level

Or

- In some cases, there is raised estrogen level but no cervical response, such as aging or damaged cervix (No cervical response means no sperm survival & no fertility)

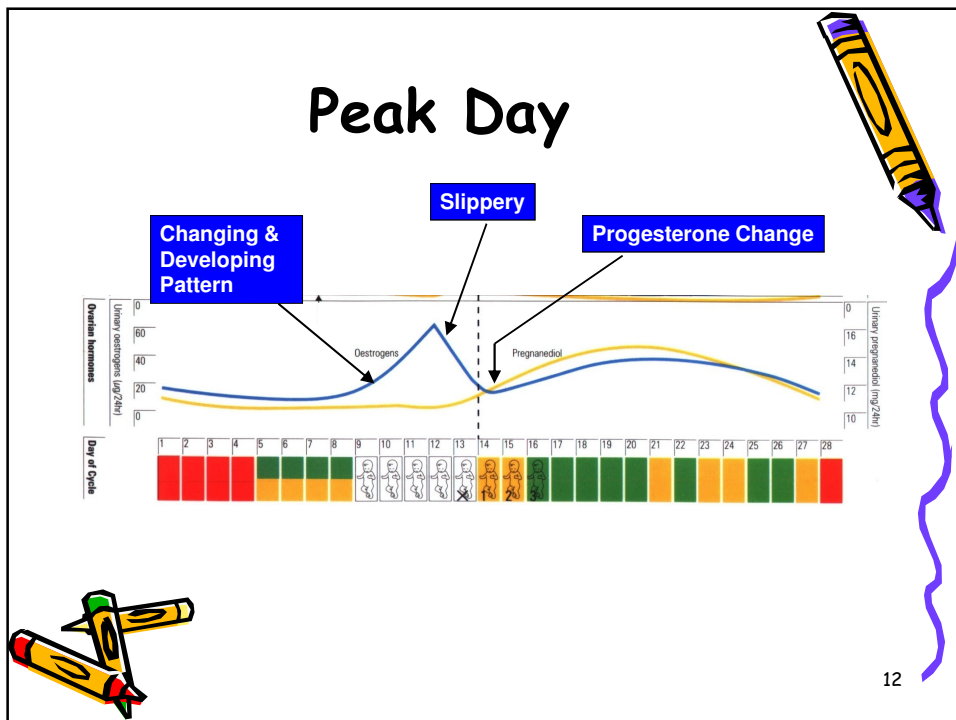
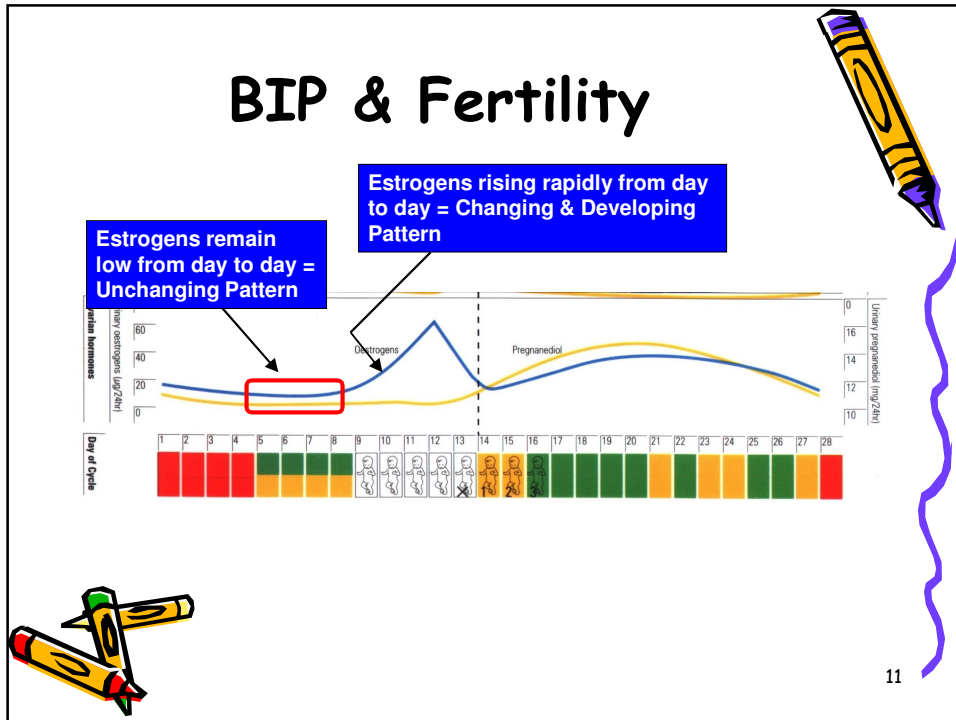
9

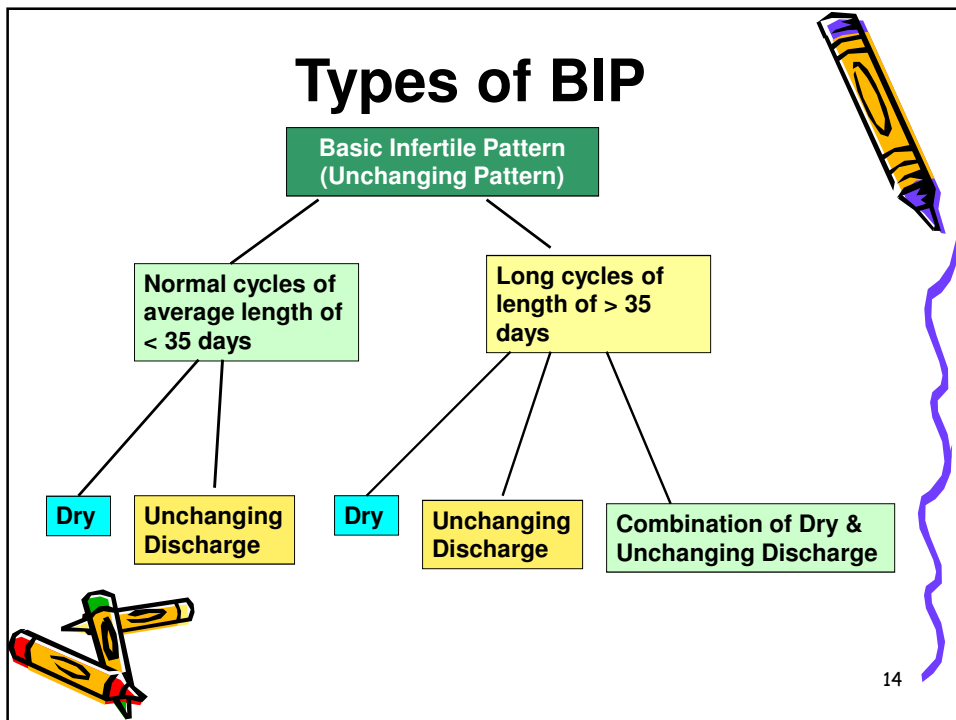
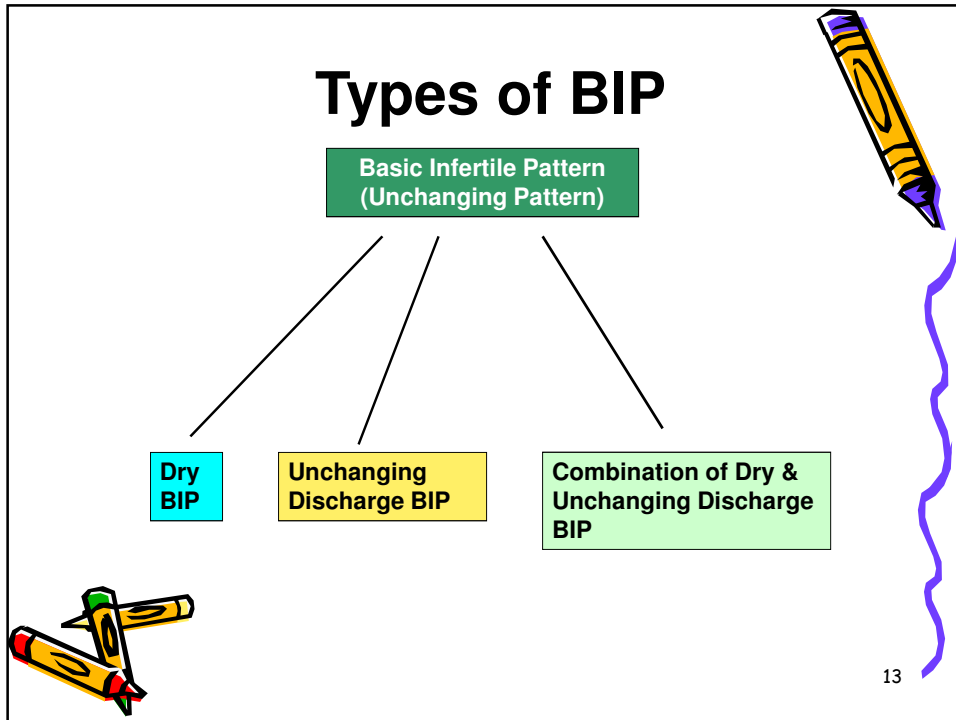


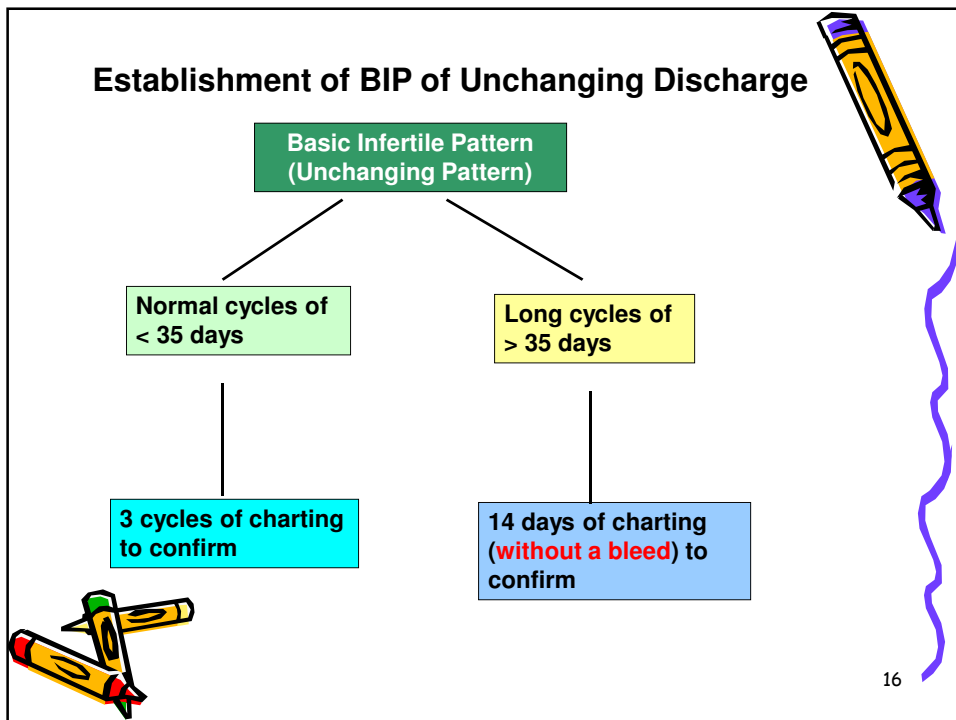
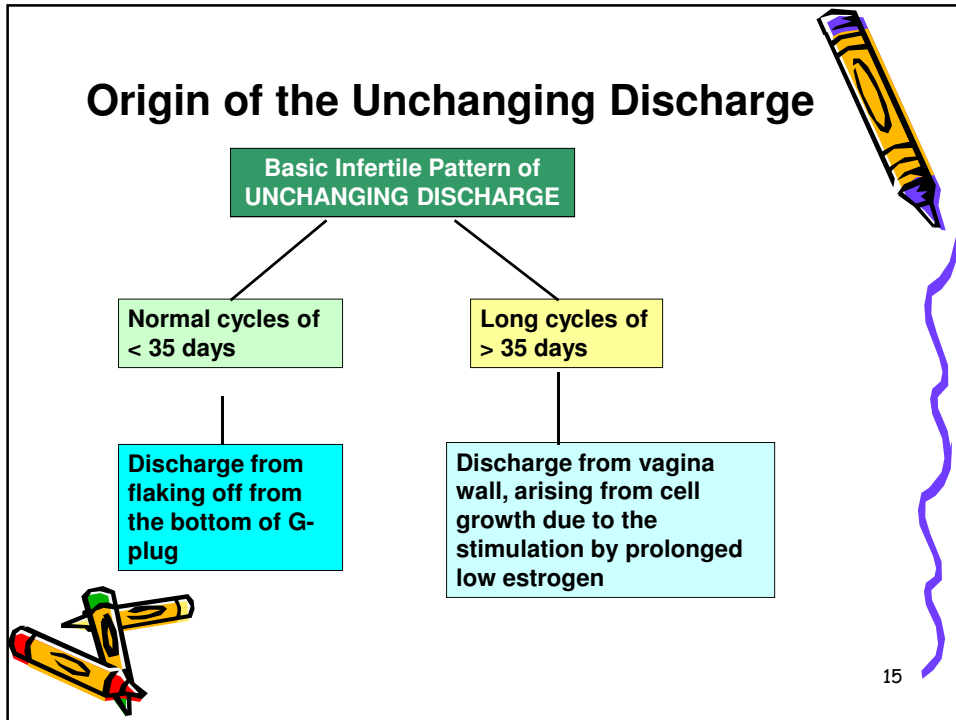
Thinking Patterns – a Key concept of the BOM

- But a changing pattern indicates fertility because it shows that the estrogen level is changing – **there is ovarian activity.**

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Establishment of BIP of Unchanging Discharge

Normal cycles of average length of < 35 days

1st Cycle

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 1 | 2 | 3 | 4 | 5 | |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Symbol | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet |
| Description of Discharge: Sensation / Appearance | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet |

Unchanging pattern

“Unchanging” is the key word here

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Establishment of BIP of Unchanging Discharge

Normal cycles of average length of < 35 days

Unchanging pattern

1st Cycle

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 1 | 2 | 3 | 4 | 5 | |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Symbol | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet |
| Description of Discharge: Sensation / Appearance | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet | Wet |

Sometimes charts may not come back beautiful with same words being used from day to day. Ask the right questions to ascertain whether there is unchanging pattern.

“Unchanging” is the key word here

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Establishment of BIP of Unchanging Discharge

Normal cycles of average length of < 35 days

2nd Cycle

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 1 | 2 | 3 | 4 | 5 | 6 | | | |
|--|-----|-----|-----|-----|-------------------|-------------------|-------------------|-----------------|-----------------|-----|-----------|-----------|--------------------|---------------|-----------------|-----------------|-----------------|-----------------|-------------|-----------------|-------------|-----|-----|--------------------|--------------------|-----------------|--------------------|----------|-----|-----|---|---|---|---|---|--|--|--|
| Symbol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Wet | Wet | Wet | Wet | Dry yellow creamy | Dry yellow creamy | Dry yellow creamy | Damp thick plug | Slippery cloudy | Wet | Wet clear | Wet clear | Slippery see shape | Slippery (SV) | Slippery cloudy | Slippery cloudy | Slippery cloudy | Slippery cloudy | Damp cloudy | Slippery cloudy | Damp cloudy | Dry | Dry | Slippery all light | Slippery all light | Slippery cloudy | Slippery all light | Slippery | Dry | Wet | | | | | | | | |

Unchanging pattern

Still no intercourse in the pre-ovulatory phase pending establishment of BIP of Unchanging discharge.

3rd Cycle

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 1 | 2 | 3 | 4 | | |
|--|-----|-----|-----|-----|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-----------------|-----------------|-----|-----------|--------------------|---------------|-----------------|-----------------|-----------------|-----------------|-------------|-----------------|-------------|-----------------|-----|-----|--------------------|--------------------|-----------------|------|------|-----|---|---|---|--|--|
| Symbol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Wet | Wet | Wet | Wet | Dry yellow creamy | Dry yellow creamy | Dry yellow creamy | Dry yellow creamy | Dry yellow creamy | Dry yellow creamy | Damp thick plug | Slippery cloudy | Wet | Wet clear | Slippery see shape | Slippery (SV) | Slippery cloudy | Slippery cloudy | Slippery cloudy | Slippery cloudy | Damp cloudy | Slippery cloudy | Damp cloudy | Slippery cloudy | Dry | Dry | Slippery all light | Slippery all light | Slippery cloudy | Damp | Damp | Wet | | | | | |

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Establishment of BIP of Unchanging Discharge

Normal cycles of average length of < 35 days

4th Cycle

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | | | |
|--|-----|-----|-----|-----|-------------------|---------|-------------------|-------------------|-------------------|---------|-------------------|-----------------|-----------------|-----|-----------|--------------------|-------------|-----------------|-----------------|-----------------|-----------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|
| Symbol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Wet | Wet | Wet | Wet | Dry yellow creamy | Damp SF | Dry yellow creamy | Dry yellow creamy | Dry yellow creamy | Damp SF | Dry yellow creamy | Damp thick plug | Slippery cloudy | Wet | Wet clear | Slippery all light | Slippery SV | Slippery cloudy | Slippery cloudy | Slippery cloudy | Slippery cloudy | | | | | | | | | | | | | | | | | |

BIP of Unchanging Discharge

Intercourse can resume in the pre-ovulatory phase once BIP of Unchanging discharge is established by 3 cycles of charting.

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Establishment of BIP of Unchanging Discharge Long cycles > 35 days

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----|-----|-----|-----|--------|-----|--------|-----|-----|-----|-----|-----|-----|-----|-----|--------|-----|---------------|-----|---------------|---------------|-----|-----|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | |
| Dry | Dry | Dry | Dry | SF Wet | Dry | SF Wet | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | SF Wet | Dry | Sticky cloudy | Dry | Sticky cloudy | Sticky cloudy | Dry | Dry | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy |

"Sticky cloudy" which first appears on Day 18 has remained from day to day without change since Day 24 for 14 days

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|---------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|
| 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | | |
| Sticky cloudy | Sticky cloudy | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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Establishment of BIP of Unchanging Discharge Long cycles > 35 days

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----|-----|-----|-----|--------|-----|--------|-----|-----|-----|-----|--------|-----|-----|-----|--------|-----|---------------|-----|---------------|---------------|-----|-----|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | |
| Dry | Dry | Dry | Dry | SF Wet | Dry | SF Wet | Dry | Dry | Dry | Dry | SF Wet | Dry | Dry | Dry | SF Wet | Dry | Sticky cloudy | Dry | Sticky cloudy | Sticky cloudy | Dry | Dry | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy |

Yellow is now used for "Sticky cloudy" which has been established as the BIP of Unchanging Discharge

Non-menstrual bleed

Peak

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|---------------|---------------|---------------|---------------|--------|---------------|--------|-----|-----|------------|------------|---------------|---------------|---------------|---------------|--------|-----|-----|-----|-----|-----|-----|-----------------|-----|-----|-----|----------------|-----------------------|-----------------------|-----|---------------|---------------|-----|-----|
| 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 |
| Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | SF Wet | Sticky cloudy | SF Wet | Dry | Dry | Wet cloudy | Wet cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | SF Wet | Wet | Wet | Wet | Wet | Wet | Dry | Sticky spotting | Wet | Wet | Wet | Slippery clear | Slippery clear string | Slippery clear string | Dry | Sticky cloudy | Sticky cloudy | Dry | Dry |

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Establishment of BIP of Unchanging Discharge Long cycles > 35 days

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------|---------------|---------------|---------------|---------------|--------|---------------|--------|-----|-----|------------|------------|---------------|---------------|---------------|---------------|--------|-----|-----|-----|-----|-----|-----|----------------|-----|-----|-----|----------------|-----------------------|-----------------------|-----|---------------|---------------|-----|-----|
| 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 |
| ☁️ | ☁️ | ☁️ | ☁️ | I | ☁️ | I | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ |
| Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | SF Wet | Sticky cloudy | SF Wet | Dry | Dry | Wet cloudy | Wet cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | SF Wet | Wet | Wet | Wet | Wet | Wet | Dry | Sticky spating | Wet | Wet | Wet | Slippery clear | Slippery clear string | Slippery clear string | Dry | Sticky cloudy | Sticky cloudy | Dry | Dry |

↓
Menstrual bleed – beginning of new cycle

| | | | | | | | |
|-----|-----|-----|-----|----|----|----|----|
| 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 |
| ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ |
| Dry | Dry | Dry | Wet | | | | |

Establishment of Combined BIP (Dry & Unchanging Discharge) Long cycles > 35 days

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | | |
|--|-----|-----|---------------|---------------|-----|---------------|-----|-----|---------------|-----|-----|---------------|---------------|-----|---------------|-----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|
| Symbol | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Dry | Dry | Sticky cloudy | Sticky cloudy | Dry | Sticky cloudy | Dry | Dry | Sticky cloudy | Dry | Dry | Sticky cloudy | Sticky cloudy | Dry | Sticky cloudy | Dry | | | | | | | | | | | | | | | | | | | | | |

Changing or Unchanging Pattern?



Think hormones

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | | |
|--|-----|-----|---------------|---------------|-----|---------------|-----|-----|---------------|-----|-----|---------------|---------------|-----|---------------|-----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|
| Symbol | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | ☁️ | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Dry | Dry | Sticky cloudy | Sticky cloudy | Dry | Sticky cloudy | Dry | Dry | Sticky cloudy | Dry | Dry | Sticky cloudy | Sticky cloudy | Dry | Sticky cloudy | Dry | | | | | | | | | | | | | | | | | | | | | |

So Dry and Sticky cloudy are part of BIP

Establishment of Combined BIP (Dry & Unchanging Discharge) Long cycles > 35 days

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | | |
|--|-----|-----|---------------|---------------|---------------|---------------|-----|-----|-----|-----|-----|---------------|---------------|-----|---------------|-----|-----|-----|---------------|---------------|----------------|---------------|---------------|----------------|-----|-----|---------|---------------|----------------|-----|-----|--------------|---------------|---------------|---------------|--|--|
| Symbol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Dry | Dry | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Dry | Dry | Dry | Dry | Dry | Sticky cloudy | Sticky cloudy | Dry | Sticky cloudy | Dry | Dry | Dry | Sticky cloudy | Sticky cloudy | SF Damp cloudy | Sticky cloudy | Sticky cloudy | SF Damp cloudy | Dry | Dry | SF Damp | Sticky cloudy | SF Damp cloudy | Wet | Dry | Slippery wet | Sticky cloudy | Sticky cloudy | Sticky cloudy | | |

The first 16 days of charting Now yellow is used for "Sticky cloudy"

| Days of Cycle | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | | | |
|--|---------------|---------------|----------------------|----------------------|----------------------|-----|-----|---------------|---------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|
| Symbol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Sticky cloudy | Sticky cloudy | Spring sticky cloudy | Spring sticky cloudy | Spring sticky cloudy | Dry | Dry | Sticky cloudy | Sticky cloudy | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

25

Establishment of Combined BIP (Dry & Unchanging Discharge) Long cycles > 35 days

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | | | |
|--|-----|-----|---------------|---------------|-----|---------------|-----|-----|-----|-----|-----|---------------|---------------|-----|---------------|-----|-----|-----|---------------|---------------|----------------|---------------|---------------|----------------|-----|-----|---------|---------------|----------------|-----|-----|--------------|---------------|---------------|---------------|--|--|--|
| Symbol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Dry | Dry | Sticky cloudy | Sticky cloudy | Dry | Sticky cloudy | Dry | Dry | Dry | Dry | Dry | Sticky cloudy | Sticky cloudy | Dry | Sticky cloudy | Dry | Dry | Dry | Sticky cloudy | Sticky cloudy | SF Damp cloudy | Sticky cloudy | Sticky cloudy | SF Damp cloudy | Dry | Dry | SF Damp | Sticky cloudy | SF Damp cloudy | Wet | Dry | Slippery wet | Sticky cloudy | Sticky cloudy | Sticky cloudy | | | |

The first 16 days of charting

Some possible ovarian activity – hormonal changes

Fertility trying to return

| Days of Cycle | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | | | |
|--|---------------|---------------|----------------------|----------------------|----------------------|-----|-----|---------------|---------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|
| Symbol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Sticky cloudy | Sticky cloudy | Spring sticky cloudy | Spring sticky cloudy | Spring sticky cloudy | Dry | Dry | Sticky cloudy | Sticky cloudy | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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Establishment of Combined BIP (Dry & Unchanging Discharge) Long cycles > 35 days

| Days of Cycle | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | |
|--|---------------|---------------|----------------------|----------------------|----------------------|-----|-----|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Symbol | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ |
| Description of Discharge: Sensation / Appearance | Sticky cloudy | Sticky cloudy | Sticky sticky cloudy | Sticky sticky cloudy | Sticky sticky cloudy | Dry | Dry | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy |

From previous slide

↑ ↑ ↑ ↑
 “Damp thick” and “Damp cloudy” are new slight variations of BIP, with estrogen levels very slightly higher than “Sticky cloudy” but still going nowhere.

Establishment of Combined BIP (Dry & Unchanging Discharge) Long cycles > 35 days

| Days of Cycle | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | |
|--|---------------|---------------|----------------------|----------------------|----------------------|-----|-----|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Symbol | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ | ☀️ |
| Description of Discharge: Sensation / Appearance | Sticky cloudy | Sticky cloudy | Sticky sticky cloudy | Sticky sticky cloudy | Sticky sticky cloudy | Dry | Dry | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy |

From previous slide

↑ ↑ ↑ ↑
 The BIP now consists of days which are “Dry”, “Sticky cloudy”, “Damp thick” and “Damp cloudy”

Establishment of Combined BIP (Dry & Unchanging Discharge) Long cycles > 35 days

| Days of Cycle | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | |
|--|---------------|---------------|----------------------|----------------------|----------------------|-----|-----|---------------|---------------|---------------|----------------|---------------|---------------|---------------|----------------|-------------|---------------|---------------|---------------|------------|------------|---------------|---------------|-------------|-------------|-------------|-------------|---------------|------------|----|----|----|----|----|----|----|
| Symbol | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ |
| Description of Discharge: Sensation / Appearance | Sticky cloudy | Sticky cloudy | Spring sticky cloudy | Spring sticky cloudy | Spring sticky cloudy | Dry | Dry | Sticky cloudy | Sticky cloudy | Sticky cloudy | SF Damp cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | SF Damp cloudy | Damp cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Damp thick | Damp thick | Sticky cloudy | Sticky cloudy | Damp cloudy | Damp cloudy | Damp cloudy | Damp cloudy | Sticky cloudy | Damp thick | | | | | | | |

From previous slide

Now changed to yellow

| Days of Cycle | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | |
|--|---------------|---------------|----------------------|----------------------|----------------------|-----|-----|---------------|---------------|---------------|----------------|---------------|---------------|---------------|----------------|-------------|---------------|---------------|---------------|------------|------------|---------------|---------------|-------------|-------------|-------------|-------------|---------------|------------|------------|---------------|----------------|------------|------------|------------|------------|
| Symbol | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ |
| Description of Discharge: Sensation / Appearance | Sticky cloudy | Sticky cloudy | Spring sticky cloudy | Spring sticky cloudy | Spring sticky cloudy | Dry | Dry | Sticky cloudy | Sticky cloudy | Sticky cloudy | SF Damp cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | SF Damp cloudy | Damp cloudy | Sticky cloudy | Sticky cloudy | Sticky cloudy | Damp thick | Damp thick | Sticky cloudy | Sticky cloudy | Damp cloudy | Damp cloudy | Damp cloudy | Damp cloudy | Sticky cloudy | Damp thick | Damp thick | Sticky cloudy | SF Damp cloudy | Damp thick | Damp thick | Damp thick | Damp thick |

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Establishment of Combined BIP (Dry & Unchanging Discharge) Long cycles > 35 days

| Days of Cycle | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 |
|--|---------------|----------------|------------|----------------|------------|-------------|------------|-------------|-----------|-----------|----------------|-------------------|---------------|-------------|------------|-----|-----|-----|-----|-----|-----|--------------|----|----|----|
| Symbol | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ | ☹️ |
| Description of Discharge: Sensation / Appearance | Sticky cloudy | SF Damp cloudy | Damp thick | SF Damp cloudy | Damp thick | Molt cloudy | Damp thick | Molt cloudy | Wet clear | Wet clear | Slippery clear | Slippery stretchy | Slippery (SV) | Damp cloudy | Damp thick | Dry | Dry | Dry | Dry | Wet | Wet | Wet/bleeding | | | |

↑ ↑
“Moist cloudy” is a change from BIP. So ☹️ sign used.

↑
Is this menstrual bleed?

30

Establishment of Combined BIP (Dry & Unchanging Discharge) Long cycles > 35 days

A new cycle begins after long anovulation.



Any BIP of Unchanging Discharge has to be re-established.

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | |
|---|--------------|--------------|--------------|--------------|-----|-----|-------------------|---------------|---------------|---------------|---------------|---------------|---------------|------------|----|----|----|----|----|--|
| Symbol | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Wet bleating | Wet bleating | Wet bleating | Wet bleating | Dry | Dry | BT Damp dry inter | Sticky sticky | Sticky sticky | Sticky sticky | Sticky sticky | Sticky sticky | Sticky sticky | Damp thick | | | | | | |

So “Sticky cloudy” & “Damp thick” which was part of the BIP before is now **NOT** considered BIP straightaway

31

Establishment of Combined BIP (Rapidly Changing Pattern) Long cycles > 35 days

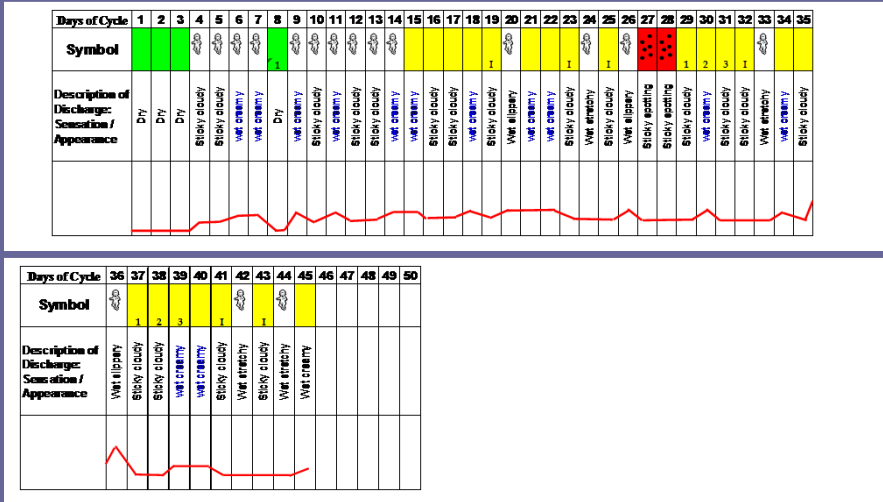
| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | | | |
|---|-----|-----|-----|-----|---------------|---------------|------------|------------|-----|------------|---------------|------------|---------------|---------------|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|
| Symbol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Dry | Dry | Dry | Dry | Sticky cloudy | Sticky cloudy | Wet creamy | Wet creamy | Dry | Wet creamy | Sticky cloudy | Wet creamy | Sticky cloudy | Sticky cloudy | Wet creamy | | | | | | | | | | | | | | | | | | | | | | | |

Changing or Unchanging Pattern? Think hormones - Just slight fluctuation of estrogens, not going anywhere

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | | |
|---|-----|-----|-----|---------------|---------------|------------|------------|-----|------------|---------------|------------|---------------|---------------|------------|------------|---------------|---------------|------------|---------------|------------|------------|------------|------------|------------|------------|------------|-----------------|-----------------|---------------|------------|---------------|---------------|------------|---------------|------------|---------------|--|
| Symbol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Dry | Dry | Dry | Sticky cloudy | Sticky cloudy | Wet creamy | Wet creamy | Dry | Wet creamy | Sticky cloudy | Wet creamy | Sticky cloudy | Sticky cloudy | Wet creamy | Wet creamy | Sticky cloudy | Sticky cloudy | Wet creamy | Sticky cloudy | Wet creamy | Wet creamy | Wet creamy | Wet creamy | Wet creamy | Wet creamy | Wet creamy | Sticky spotting | Sticky spotting | Sticky cloudy | Wet creamy | Sticky cloudy | Sticky cloudy | Wet creamy | Sticky cloudy | Wet creamy | Sticky cloudy | |

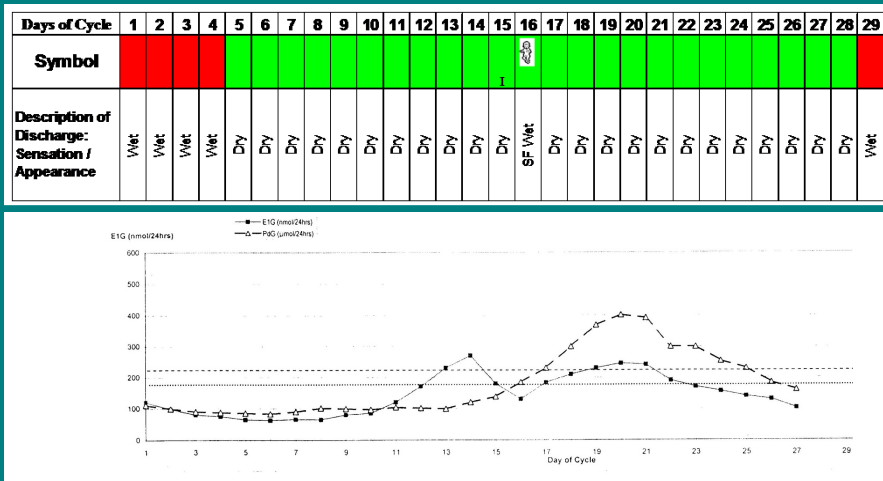
So BIP made up of “Sticky cloudy”, “Wet creamy” & “Dry” (if any)

Establishment of Combined BIP (Rapidly Changing Pattern) Long cycles > 35 days



33

Absent Cervical Response



Intercourse on ovulation day did not result in pregnancy because the cervix did not respond to produce mucus. The woman was experiencing a Dry BIP but hormonal assays show perfect ovulatory profiles of estrogen and progesterone

34

Recording Too Much Information

- Sometimes when a chart looks very complicated, it may be that the woman was trying to record too many details.
- By asking simple questions like when the first day of change is & which day stands out as being very slippery and next day there was abrupt change, the fertile phase and Peak can be easily identified



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Let's Think in Hormone Terms

Example 1

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|
| Symbol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Dry | |

Assuming cervix is fully functioning:

- FSH below threshold level
- No estrogen
- No cervical mucus
- No vaginal cell growth
- No endometrial growth
- No LH rise
- No ovulation
- No progesterone
- No menstruation or other bleeds
- Vulva dry

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Let's Think in Hormone Terms

Example 2

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 |
|--|-----|-----|-----|-----|-----|-----|-----|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----|-----|-----------|-----------|-----------|-----------|-----------------|-----------|-----|------------|-----------|-----|-----|-----|-----|-----|-----|-----|
| Symbol | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 |
| Description of Discharge: Sensation / Appearance | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Dry | Dry | Wet milky | Wet milky | Wet milky | Wet milky | Slippery cloudy | Wet clear | Wet | Wet sticky | Wet milky | Dry | Dry | Dry | Dry | Wet | Wet | Wet |

Assuming cervix is fully functioning:

- FSH below threshold
- No estrogen
- No cervical stimulation; no mucus
- No vaginal cell growth
- No endometrial growth
- Vulva dry

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Let's Think in Hormone Terms

Example 2

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 |
|--|-----|-----|-----|-----|-----|-----|-----|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----|-----|-----------|-----------|-----------|-----------|-----------------|-----------|-----|------------|-----------|-----|-----|-----|-----|-----|-----|-----|
| Symbol | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 |
| Description of Discharge: Sensation / Appearance | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Dry | Dry | Wet milky | Wet milky | Wet milky | Wet milky | Slippery cloudy | Wet clear | Wet | Wet sticky | Wet milky | Dry | Dry | Dry | Dry | Wet | Wet | Wet |

Assuming cervix is fully functioning:

- FSH above threshold
- Some follicle stimulation
- Some estrogen rise
- Vaginal cell discharge
- Vulva no longer dry
- Unchanging pattern of discharge day after day (BIP)

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Let's Think in Hormone Terms

Example 2

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | | | |
|---|-----|-----|-----|-----|-----|-----|-----|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----|-----|-----------|-----------|-----------|-----------|-----------------|-----------|-----|------------|-----------|-----|-----|-----|-----|-----|-----|-----|--|--|
| Symbol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Dry | Dry | Wet milky | Wet milky | Wet milky | Wet milky | Slippery cloudy | Wet clear | Wet | Wet sticky | Wet milky | Dry | Dry | Dry | Dry | Wet | Wet | Wet | | |

- FSH below threshold
- No estrogen
- No cervical stimulation; no mucus
- No vaginal cell growth
- No endometrial growth
- Vulva dry

Let's Think in Hormone Terms

Example 2

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | | | |
|---|-----|-----|-----|-----|-----|-----|-----|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----|-----|-----------|-----------|-----------|-----------------|-----------|-----|------------|-----------|-----|-----|-----|-----|-----|-----|-----|-----|--|--|
| Symbol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Dry | Dry | Wet milky | Wet milky | Wet milky | Slippery cloudy | Wet clear | Wet | Wet sticky | Wet milky | Dry | Dry | Dry | Dry | Wet | Wet | Wet | Wet | | |

- FSH above threshold
- Some follicle stimulation
- Some estrogen rise
- Vaginal cell discharge
- Vulva no longer dry
- Unchanging pattern of discharge day after day (BIP)

Let's Think in Hormone Terms

Example 2

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | | |
|--|-----|-----|-----|-----|-----|-----|-----|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----|-----|-----------|-----------|-----------|-----------|-----------|-----------------|-----------|-----|------------|-----------|-----|-----|-----|-----|-----|-----|-----|---|
| Symbol | | | | | | | | | | | | | | | | | | | | | | | | | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ |
| Description of Discharge: Sensation / Appearance | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Dry | Dry | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Slippery sticky | Wet clear | Wet | Wet sticky | Wet milky | Dry | Dry | Dry | Dry | Dry | Wet | Wet | |

- FSH above threshold
- Follicle stimulation
- Estrogen rise
- Cervical stimulation
- Breakthrough bleed
- Vulva sensation changed
- No LH surge
- No ovulation
- No progesterone rise
- No Peak

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Let's Think in Hormone Terms

Example 2

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | | | |
|--|-----|-----|-----|-----|-----|-----|-----|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----|-----|-----------|-----------|-----------|-----------|-----------|-----------------|-----------|-----|------------|-----------|-----|-----|-----|-----|-----|-----|-----|--|--|
| Symbol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Dry | Dry | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Slippery sticky | Wet clear | Wet | Wet sticky | Wet milky | Dry | Dry | Dry | Dry | Dry | Wet | Wet | | |

- FSH below threshold
- No estrogen
- No cervical stimulation; no mucus
- No vaginal cell growth
- No endometrial growth
- Vulva dry

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Let's Think in Hormone Terms

Example 2

| Days of Cycle | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | | | |
|--|-----|-----|-----|-----|-----|-----|-----|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----|-----|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|--|--|
| Symbol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Description of Discharge: Sensation / Appearance | Dry | Dry | Dry | Dry | Dry | Dry | Dry | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Dry | Dry | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | Wet milky | | |

- FSH below threshold
- Estrogen low
- Withdrawal bleed
- No preceding ovulation

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Rules During BIP

for postponing pregnancy

- **EDR2** - Alternate evenings are available for intercourse when these days have been recognized as infertile. (Basic Infertile Pattern)
- **EDR3** - Avoid intercourse on any day of discharge or bleeding which interrupts the Basic Infertile Pattern. Allow 3 days of Basic Infertile Pattern afterwards before intercourse is resumed on the fourth evening. Rule 2 continues.

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BOM Rules Adequate

It is seen that the rules of the BOM cope effectively with all the types of ovarian activity yet discovered.

Prof J B Brown: "Studies on Human Reproduction"



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BOM Rules Adequate

BOM Rules are formulated with maximum security for the postponement of pregnancy. There is no necessity to add any more rules.

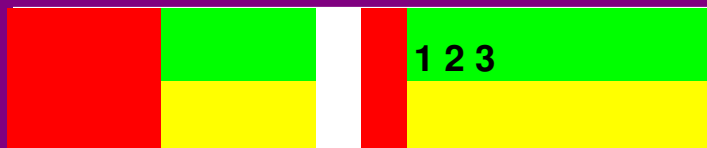


Prof J B Brown

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EDR3

Illustration of Maximum Security Principle

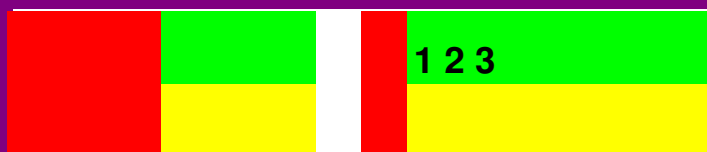


Rule 3: Avoid intercourse on any day of discharge or bleeding which interrupts the Basic Infertile Pattern. Allow 3 days of Basic Infertile Pattern afterwards before intercourse is resumed on the fourth evening. Rule 2 continues.

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EDR3

Illustration of Maximum Security Principle

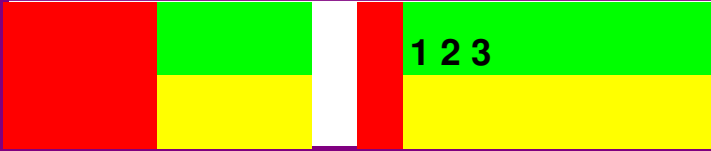


- When a Peak is not recognised, we cannot confirm ovulation.
- i.e. not certain if ovulation has occurred or not.
- So EDR3 takes care of the possibility that ovulation may or may not have occurred.

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EDR3

Illustration of Maximum Security Principle



Questions:

- What if Ovulation has occurred?
 - Count 1,2,3
- What if ovulation has not occurred?
 - Continue with EDR2 after 1,2,3

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Concluding Remarks

- BIP is an important part of the BOM allowing identification of pre-ovulatory infertility
- Especially useful when managing BOM for postponement of pregnancy

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Concluding Remarks

- “Unchanging” is the key word when recognizing BIP
 - due to low estrogens, or
 - absent cervical response to raised estrogens
- Changing pattern = Fertility

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Concluding Remarks

- Normal Average length cycles – either dry or unchanging discharge
- Long cycles – either dry, unchanging discharge or combination
- Normal Average length cycles – unchanging discharge from bottom of G-plug
- Long cycles – unchanging discharge from vaginal wall

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Concluding Remarks

- Normal Average length cycles – 3 cycles of observation to confirm the BIP of unchanging discharge
- Long cycles – 14 days without a bleed to confirm BIP of unchanging discharge or combination

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Concluding Remarks

- As long as a BIP is recognized, there is infertility, although hormonal assays may show ovulation
- Cervix that is not responding means sperm survival is at stake

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