REFINEMENT OF THE INTERPRETATION RULES
OF SYMPTO-THERMAL CHARTS (Normal situations)

SERENA is refining the rules of the **beginning of the DEFINITELY INFERTILE PHASE**, to better benefit from the role of the mucus symptom.

Previously, the wording about the role of the mucus symptom used by Serena was ambiguous because we used to say: ″if symptoms of fertility have disappeared″, without specifying **when**. Some could suppose that the 3rd day of high temperature was already infertile even if the mucus was still lubricative and transparent on the 2nd or 1st, since there was no precise indication. Those cases are rare, but Serena wants its rules clearer for everybody, whatever the relationship is between the mucus and the temperature shift in every particular case.

In addition, recent research, using ultrasound to identify ovulation day, has shown that different cycles have a different time relationship between the day of ovulation and, respectively, the last day of fertile characteristics in the cervical mucus or the rise in temperature. In consequence, it is more prudent to wait until the **night** instead of the morning to determine the start of the definite infertility. In doing so, we are conforming with the best clinical effectiveness studies for the sympto-thermal method. [i]

Below is the wording that is used in the 2013 version of the GENERAL INSTRUCTIONS HANDBOOK.

BEGINNING OF THE DEFINITELY INFERTILE PHASE

When the **fertility symptoms disappear** :
Find the ″ **Peak Day** ″ in the mucus : **the last day** when mucus showed any of the following characteristics: wet, lubricative, transparent, thready or cloudy (semi-transparent, semi-opaque)**.**

When the **temperature rises:**
1. Eliminate the temperatures affected by a DISTURBANCE.
2. Find the **highest** normal* temperature **among the low temperatures**.
3. Draw a **horizontal line** (coverline) along the line on the chart situated immediately above this point. *Consult your teacher-couple if you have fewer than six normal* low temperatures.*
4. Count three (3) consecutive high normal* temperatures above the coverline **after the Peak Day. The Definitely Infertile Phase starts in the evening of the day of that third high normal* temperature.**
 * I.e. without a disturbance.

**NOTE. In the pre-ovulatory phase,** mucus interpretation does not change**.** After the menstruation and the few ″dry″ days that usually follow, **mucus must be considered possibly fertile from the first moist or sticky sensation or the first opaque**

appearance. And the Relatively Infertile Phase ends at the first of the following landmarks: either the last day before mucus just described or the result of the calculation appropriate for the number of known previous cycle lengths.

TEST YOUR OWN UNDERSTANDING

To test that you have integrated the preceding, Serena offers three chart sections illustrating three different situations, as examples. For each one, record your answers in the three columns to determine when the Definitely infertile Phase is reached, then compare your answers with the ones on page 5.

Chart 1: Laura
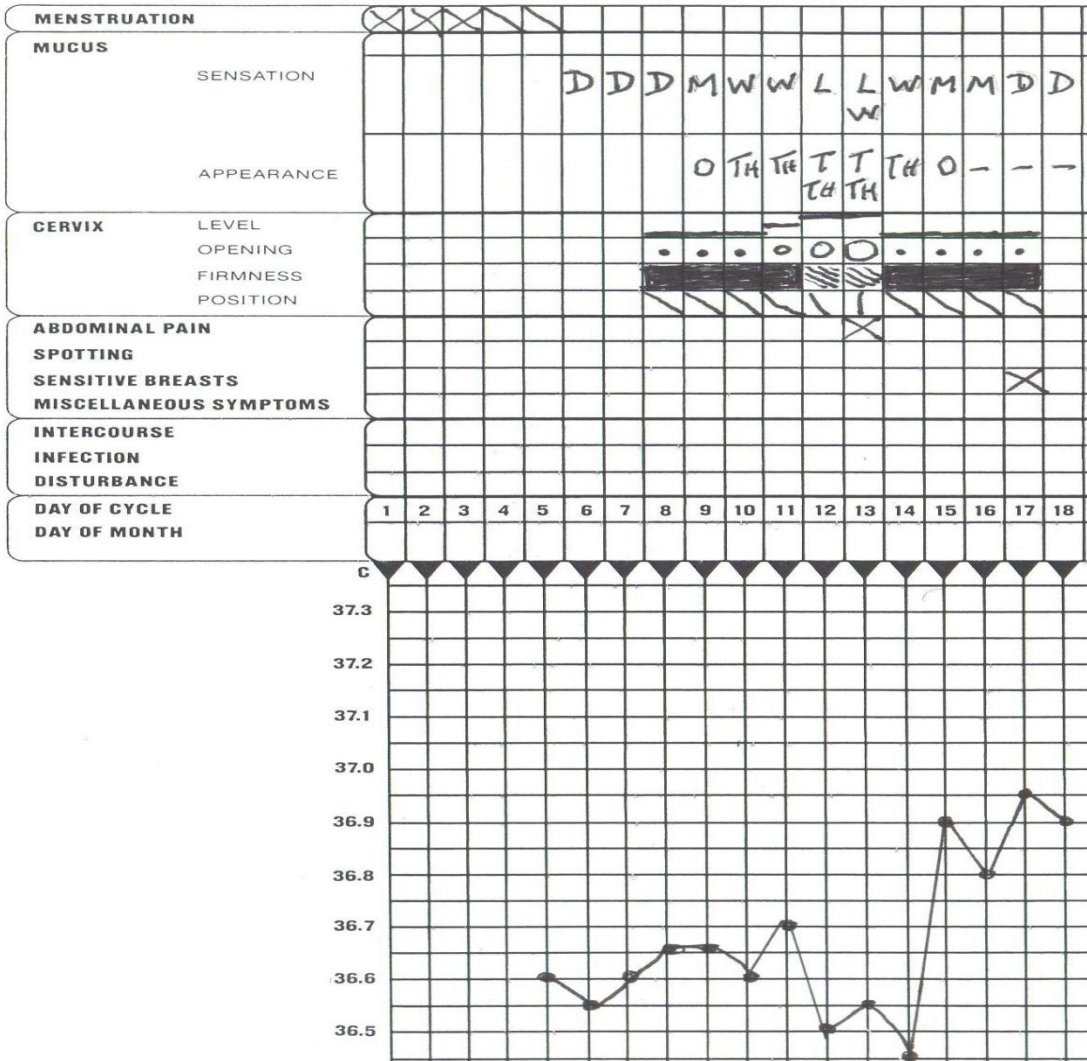
	Cycle day of the last fertile characteristic in the mucus = Peak Day	Third cycle day AFTER the Peak Day	Cycle day of the 3rd point of high and normal temperature AFTER the Peak Day = Beginning of the Definitely Infertile Phase
1-Laura			

Chart 2: Jennifer
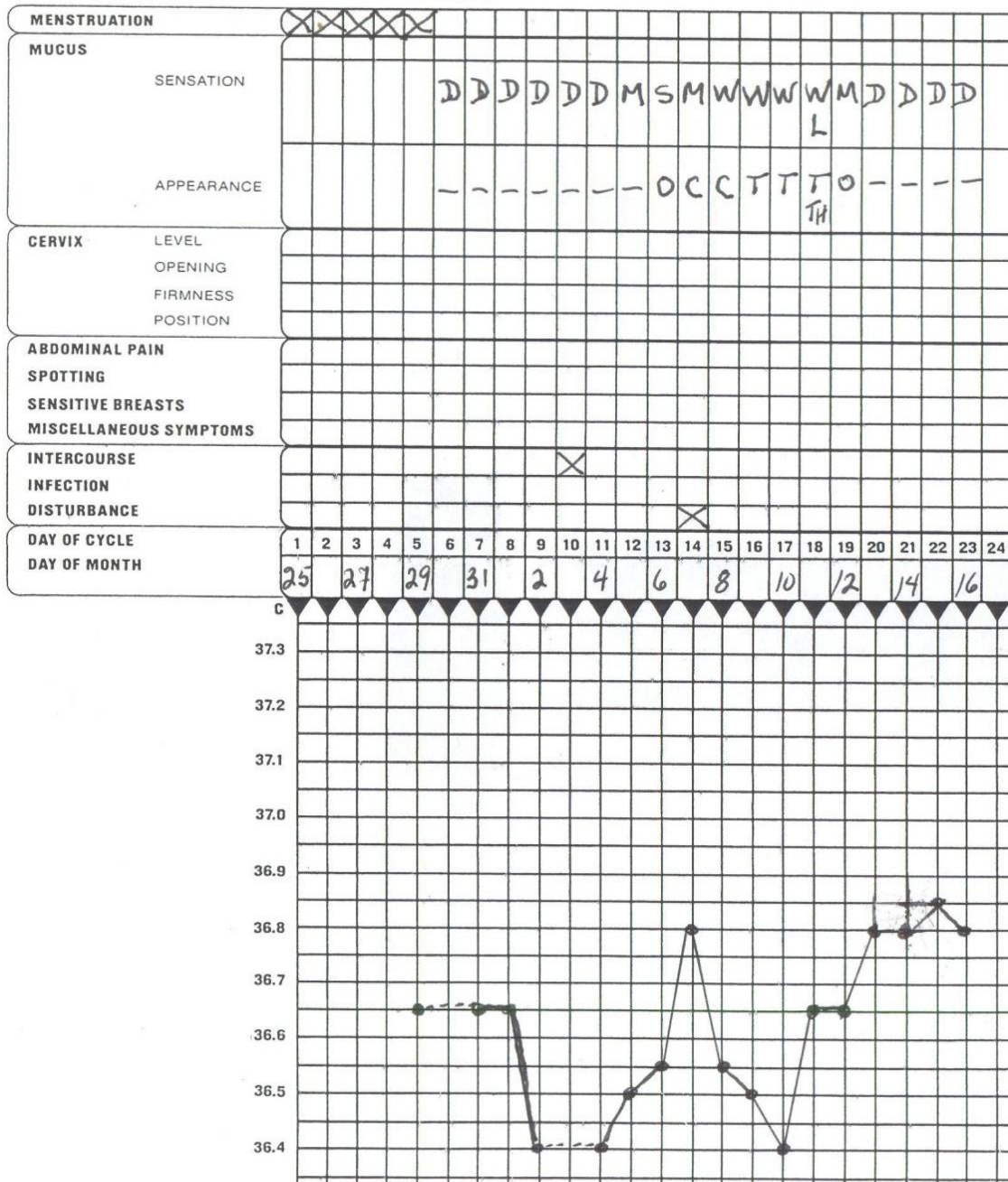
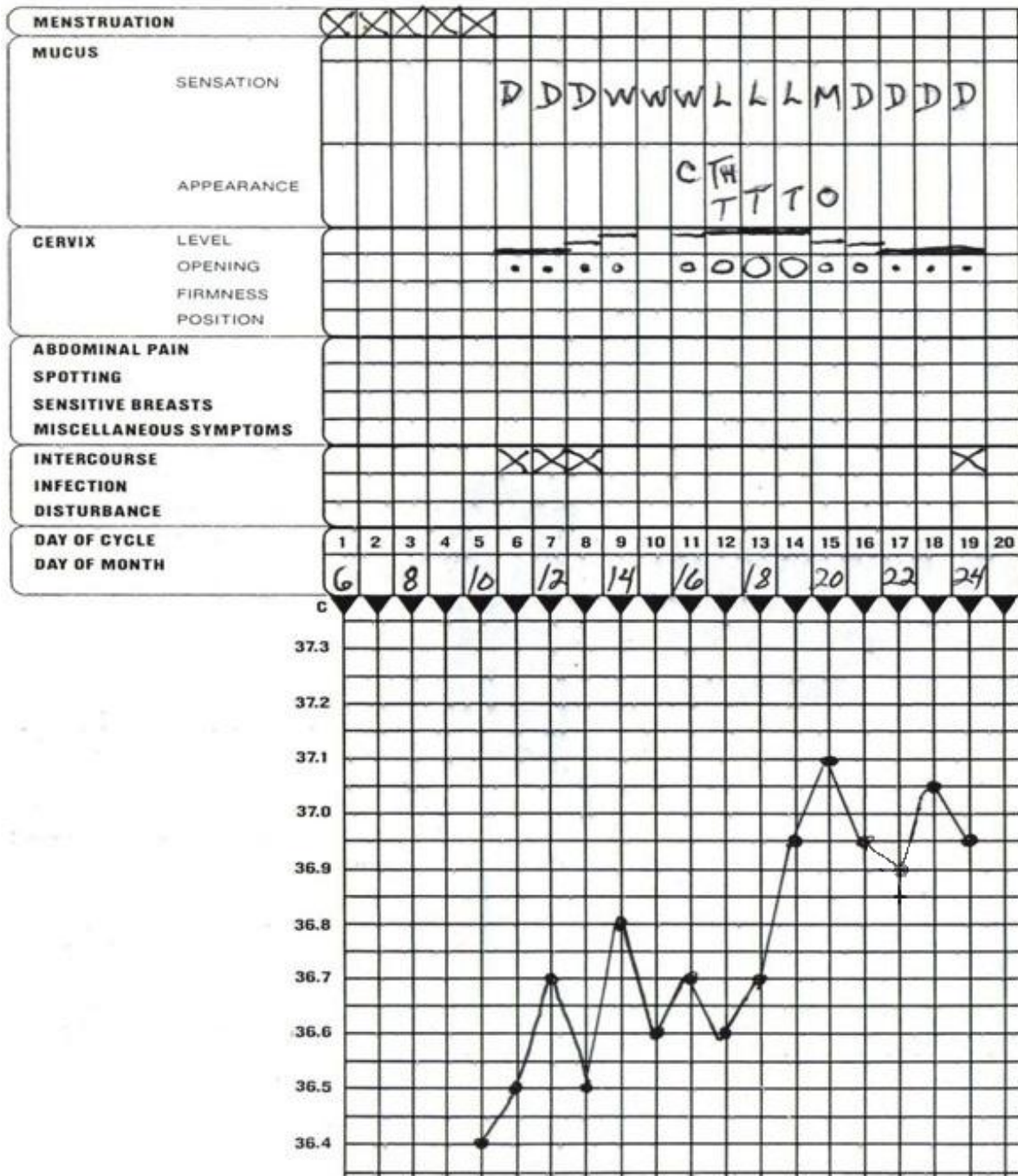| MENSTRUATION			
MUCUS			
	SENSATION		D D D D D D M S M W W W W M D D D L
	APPEARANCE		– ~ – – – – – O C C T T T O – – – – TH
CERVIX	LEVEL		
	OPENING		
	FIRMNESS		
	POSITION		
ABDOMINAL PAIN			
SPOTTING			
SENSITIVE BREASTS			
MISCELLANEOUS SYMPTOMS			
INTERCOURSE			X
INFECTION			
DISTURBANCE			X
DAY 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
DAY OF MONTH			25 27 29 31 2 4 6 8 10 12 14 16

	Cycle day of the last fertile characteristic in the mucus = Peak Day	Third cycle day AFTER the Peak Day	Cycle day of the 3rd point of high and normal temperature AFTER the Peak Day = Beginning of the Definitely Infertile Phase
2-Jennifer			

Chart 3: Vanessa

MENSTRUATION																						
MUCUS	SENSATION						D	D	D	W	W	W	L	L	L	M	D	D	D	D		
	APPEARANCE											C	TH	T	T	T	O					
CERVIX	LEVEL																					
	OPENING						•	•	•	o		a	o	O	O	a	o	•	•	•	-	
	FIRMNESS																					
	POSITION																					
ABDOMINAL PAIN																						
SPOTTING																						
SENSITIVE BREASTS																						
MISCELLANEOUS SYMPTOMS																						
INTERCOURSE																						
INFECTION																						
DISTURBANCE																						
DAY OF CYCLE		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
DAY OF MONTH		6	8	10	12	14	16	18	20	22	24										

	Cycle day of the last fertile characteristic in the mucus = Peak Day	Third cycle day AFTER the Peak Day	Cycle day of the 3rd point of high and normal temperature AFTER the Peak Day = Beginning of the Definite Infertility Phase
3-Vanessa			

ANSWERS

Refinement of the Interpretation Rules of the Sympto-Thermal Charts (normal situations) September 2013

	Cycle day of the last fertile characteristic in the mucus = Peak Day	Third cycle day AFTER the Peak Day	Cycle day of the 3rd point of high and normal temperature AFTER the Peak Day = Beginning of the Definite Infertility Phase
No 1. Laura	14th day of cycle	17th day of cycle	17th day of cycle
No 2. Jennifer	18th day of cycle	21st day of cycle	22nd day of cycle
No 3. Vanessa	14th day of cycle	17th day of cycle	17th day of cycle

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[i] Frank-Herrmann and al (2007) The effectiveness of a fertility awareness based method to avoid pregnancy in relation to a couple's sexual behaviour during the fertile time: a prospective longitudinal study. *Human Reproduction*, 22,5 :1310-1319.