



How to Check and Chart your Cervical Fluid

Jill asks you to chart changes in your cervical mucus because it is a good predictor of ovulation and helps you to time intercourse to optimize your chances of conceiving.

In the first half of your cycle your body produces fertile cervical mucus under the influence of estrogen. This fluid is the equivalent of semen in men. As men are fertile all the time they produce seminal fluid all the time but because women are only fertile once a month they produce fertile cervical mucus once a month.

Consequently fertile cervical mucus is a good sign of impending ovulation.

Immediately after your period your vagina will feel dry or very slightly moist.

After a few days your cervical fluid becomes sticky or rubbery and springy.

This is followed by mucus that is creamy, like hand lotion. Your vagina will feel wet and lubricated.

Following this we have the most fertile mucus which looks like raw egg-white. It is slippery and very stretchy. It is usually clear but can be opaque, pink or blood tinged. It can also be very watery. Your vagina will feel very wet and lubricated. This egg-white mucus can sometimes form a round circular moist patch on your underwear because of the high water content whereas other mucus is more likely to form a rectangle.

Checking Cervical Mucus

Begin checking your cervical fluid the day after your period ends.

Check cervical fluid at least three times a day. Most people find it convenient to do this when they go to the bathroom. It is important to do this when you are not sexually aroused. If you do not have much mucus get into the habit of doing kegels on the way to the bathroom to encourage the mucus to flow.

Wipe with a tissue front to back and notice how easily the tissue glides, the more lubricated you are the easier it will move. Look at the mucus on the tissue and touch it with your finger to see if it stretches before it breaks. Note mucus on underwear and be aware that it is likely to flow out after a bowel movement so look in the toilet bowl for egg white cervical mucus, which often forms a ball like an opaque marble.

Your peak fertile day is the last day of egg-white, or lubricative vaginal sensation or mid-cycle spotting. That means that if your egg-white stops one day before the moist feeling the second day is the peak.

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