

# Basale Körpertemperatur und Zervixschleim

Bitte beachten Sie: Die Basaltemperatur hängt von vielen Faktoren ab. Fieber, Alkoholgenuss, Abweichende Uhrzeit beim Messen, Schmerzmittel können zu verfälschten Ergebnissen führen.

Monat:

Zyklustag	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	
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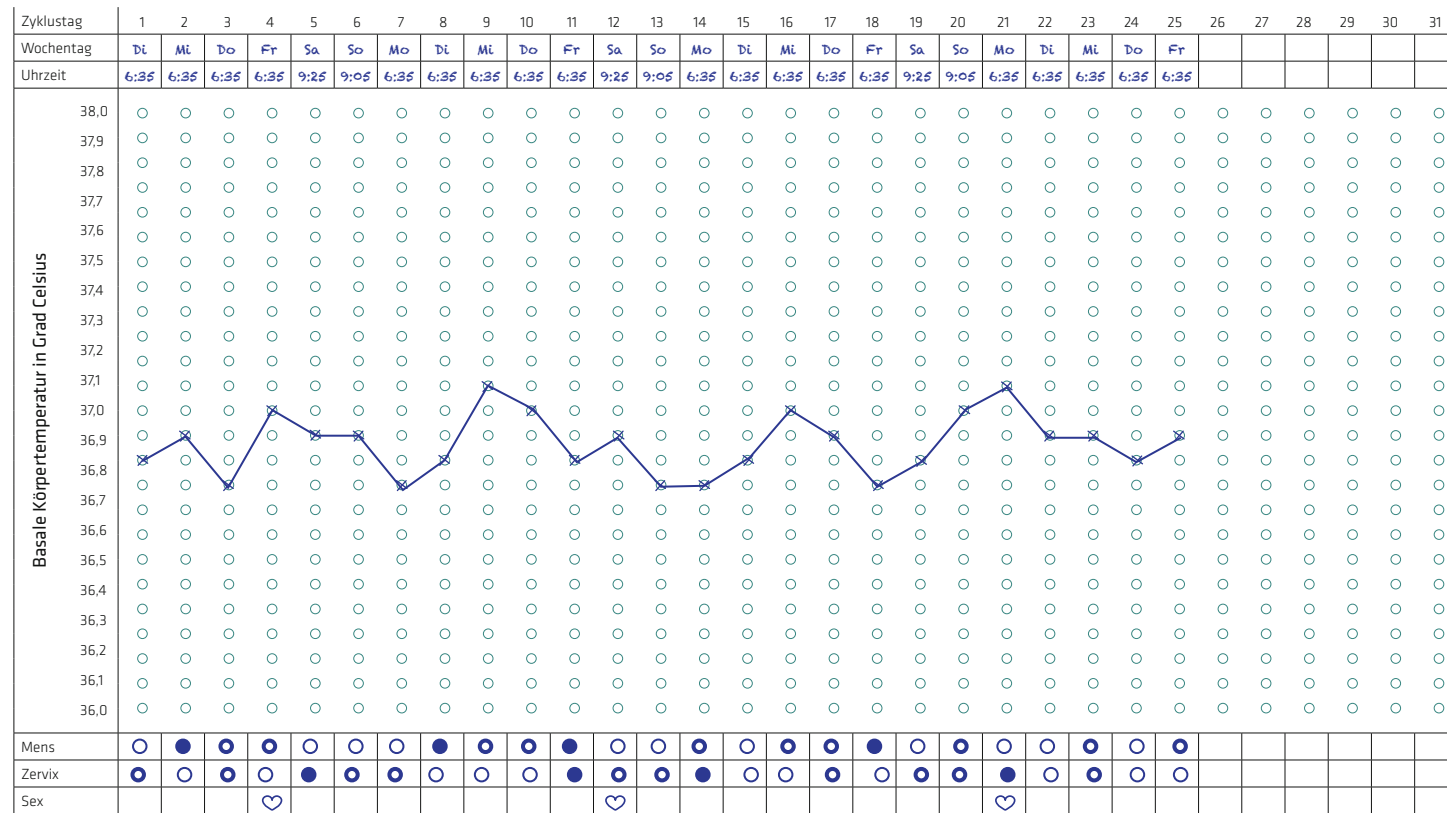
Zeichenerklärung Mens:  schwach  mittel  stark  sex

Zeichenerklärung Zervix:  klar  wässrig  cremig  klebrig

fruchtbar                      nicht fruchtbar

Name: \_\_\_\_\_ Datum: \_\_\_\_\_

## Anwendungsbeispiel



### Hinweise zum Gebrauch der Vordrucke

Die regelmäßige Messung der Morgentemperatur gibt dem Arzt wichtige Anhaltspunkte, um eventuelle Störungen erkennen und behandeln zu können. Tragen Sie deshalb gewissenhaft jeden Morgen die Temperatur ein (siehe Eintragungsmuster) und beachten Sie dabei genau die folgenden Punkte:

1. Sie können mit jedem gewöhnlichen Fieberthermometer messen, Nehmen Sie aber immer dasselbe. Wenn Sie im Notfall das Thermometer wechseln, vermerken Sie das auf alle Fälle auf dem Vordruck.
2. Die Temperatur müssen Sie jeden Morgen unmittelbar nach dem Wachwerden messen, wenn möglich auch immer zur gleichen Uhrzeit. Eine spätere Messung führt ebenso wie vorheriges Aufstehen, körperliche Tätigkeit, Essen, Trinken oder Rauchen zu Ungenauigkeiten.

3. Messen Sie 5 Minuten lang entweder unter der Zunge oder im Darmausgang die Temperatur. Bleiben Sie immer bei der einmal gewählten Meßmethode.

4. Beginnen Sie mit der ersten Messung, wenn vom Arzt nicht anders gewünscht, am 1. Blutungstag

(1. Zyklustag) der Monatsblutung, spätestens jedoch am Morgen nach Einsetzen der Blutung. Bei Beginn der nächsten Monatsblutung müssen Sie die Eintragung auf dem nächsten Kalenderteld fortsetzen.

5. In die beiden oberen Spalten der Kalendertelder tragen Sie Monat und Tage der Messungen ein. Tragen Sie Ihre Monatsblutung und auch alle anderen Blutungen auf folgende Weise in die dafür vorgesehene Spalte ein: starke Blutung I, mittlere Blutung n, schwache Blutung „, Schmierblutung (ganz schwach) 0.

6. In der Spalte „Besonderheiten“ vermerken Sie die Einnahme von Medikamenten, Erkrankungen (auch Erkältungen), Thermometerwechsel, Messungen nach dem Aufstehen und ähnlich außergewöhnliche Ereignisse.

Wenn es vom Arzt gewünscht wird, sollte hier auch der Geschlechtsverkehr eingetragen werden.

Die Vordrucke sind zu jedem Arztbesuch mitzubringen.