



BASAL BODY TEMPERATURE RECORD

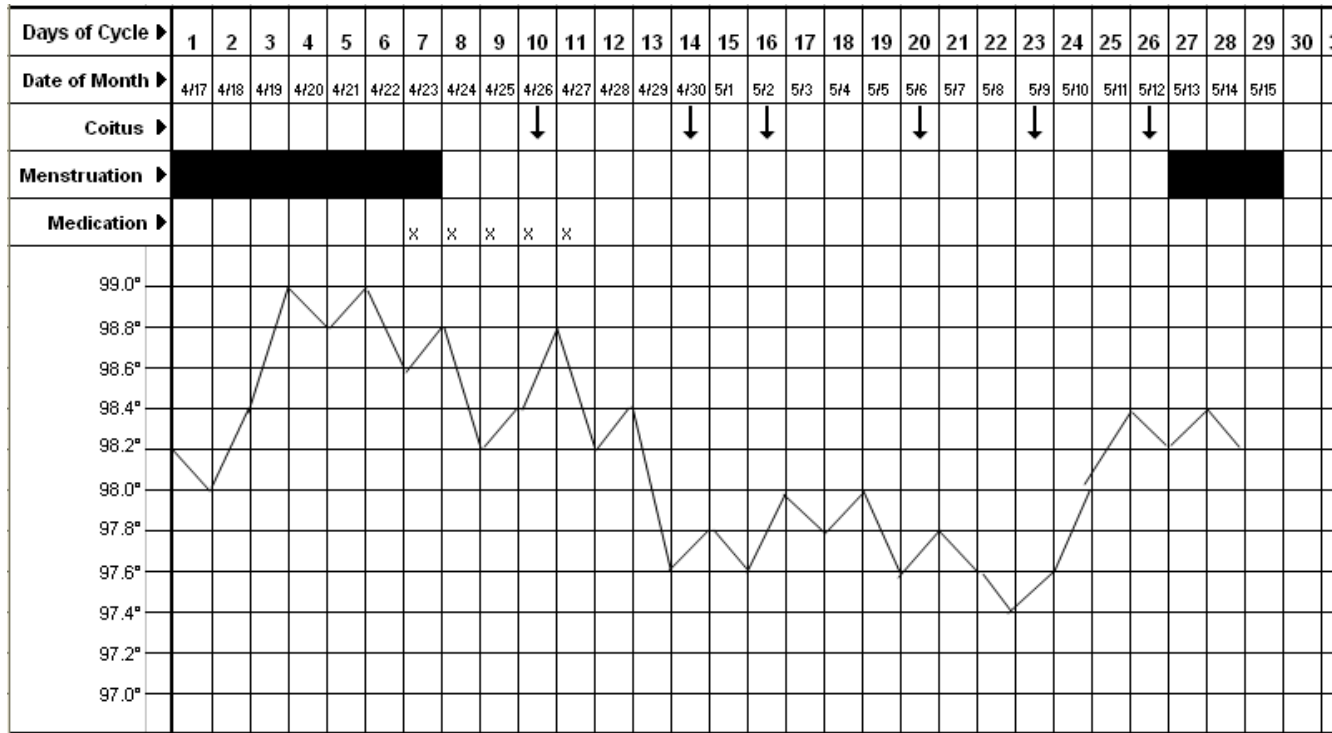


CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

Instructions for Completing Graph

- **Date of Month:** Write down date in space provided.
- **Coitus:** Indicate days of coitus (intercourse). Put a down pointing arrow (↓) in the space provided.
- **Menstruation:** The first day of menstrual flow is considered to be the start of a cycle. Indicate each day of flow by blocking the square indicated (o) on the graph. Start at the extreme left under the first day of cycle.
- **Medication:** Write an (x) if you are taking any medication.
- **Temperature:** Record temperature reading on the graph by placing a dot.
 - Each morning, upon awakening, but before you get out of bed. Place thermometer under tongue for at least two minutes. Do this even during menstruation (monthly bleeding). Be sure not to eat, drink or smoke before taking temperature.
 - Any reasons for temperature variation such as cold, infection, insomnia, indigestion, etc. should be noted on the graph above the reading for the day.
- In some women, ovulation may be accompanied by a twinge of pain in the lower abdomen. If you notice this, indicate the day it occurred on the graph.
- Start new cycle on next graph

Example:



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Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

NEMS Health Ed. – Rev. 12/2019



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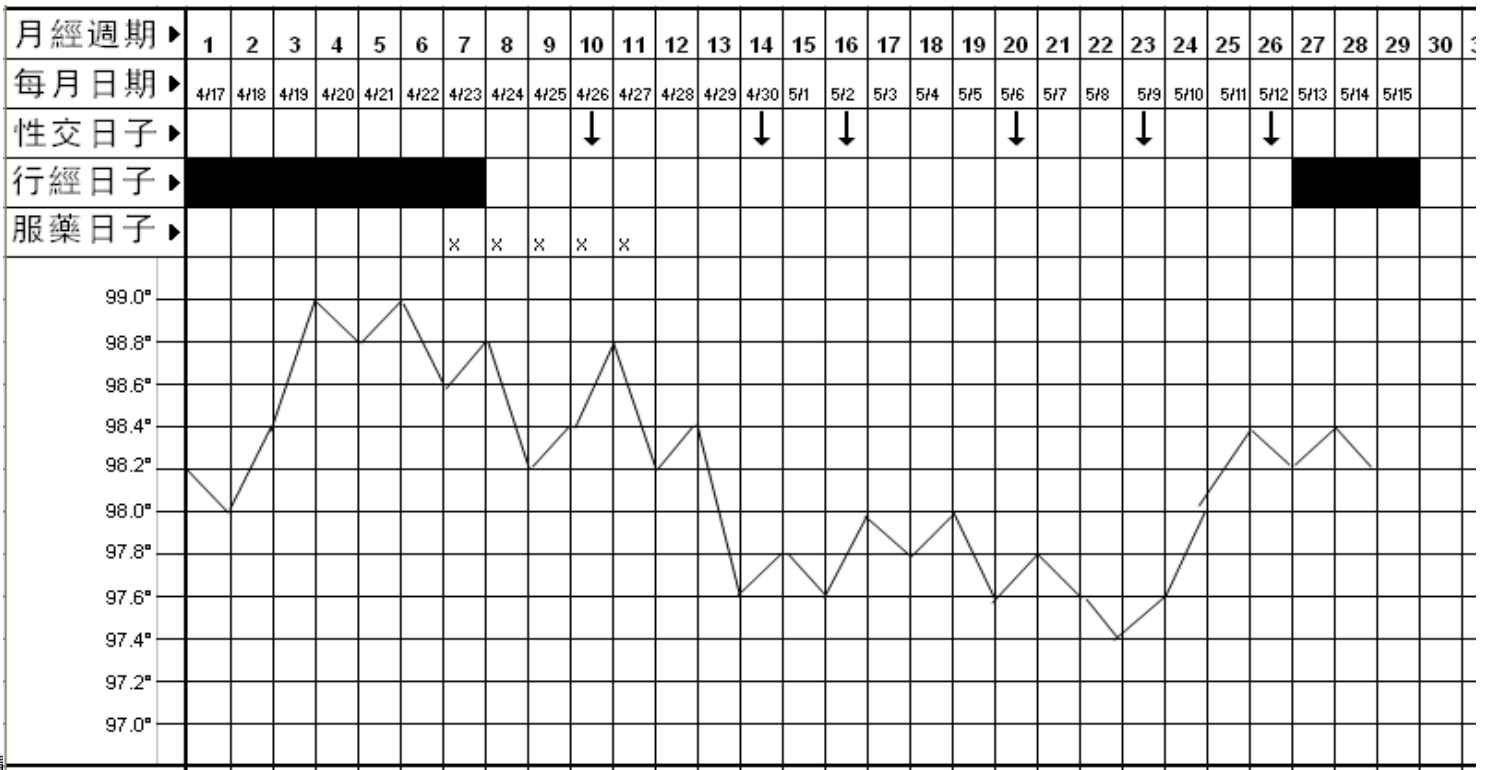
基礎體溫記錄



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基礎體溫填寫說明 (Instructions for Completing Graph)

- **每月日期:** 在每月日期一欄填上與月經週期相應的日期(見下面的例子)。
- **性交的日子:** 用下箭頭 (↓) 在提供的空格內註明性交的日子。
- **行經日子:** 月經來潮的第一天為一個週期的開始。用小圈 (0) 填在方格內註明行經的日子, 從最左邊開始填註經期的第一天。
- **服藥日子:** 如果您正在服用藥物請寫 (X)
- **測量溫度:** 在表內適當的位置用黑點註明準確測量的溫度。
 - 每天早晨醒來, 在未起床之前, 把溫度計放在舌頭下至少兩分鐘。每天早晨, 包括月經期間都要測量。測量前不要吃或喝東西, 也不要吸煙。
 - 將所有明顯導致體溫變化的原因, 如傷風、感染、失眠、消化不良等, 註明在當天的圖表記錄上。
- 有些女性在排卵期會感到小腹刺痛。如果您有這種情況, 請在圖表上註明這些日子。
- 用另一份新圖表記錄下一個月經週期。



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基礎體溫記錄



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月經週期 ▶	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	36	37	38	39	40				
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