

THE BILLINGS OVULATION METHOD

Observations, Charting and Rules

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Observations of Mucus

A cycle lasts from the beginning of menstruation to the beginning of the next menstruation. It can be short or long.

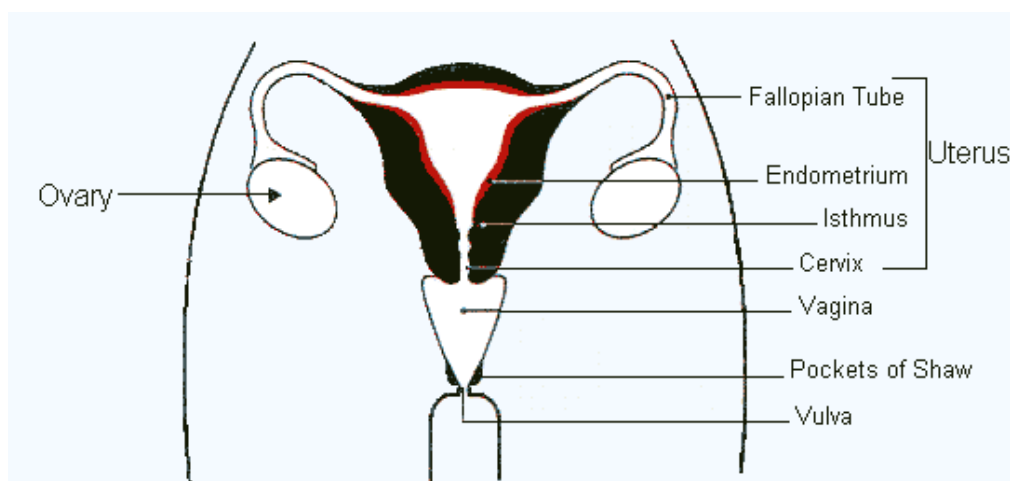
As a woman walks she can tell when menstruation begins. She feels wet at the vulva. When she looks she sees blood.

In the same natural way she feels the presence of mucus when it begins and notices how it changes from time to time. The sensation and appearance change. Sperm live in the mucus. The mucus tells the woman when she can conceive and when she cannot conceive.

A record is made every evening of any bleeding and mucus that has been observed during the day, paying particular attention to vulval sensations.

The first record is made for 2 to 4 weeks without any genital contact.

The female reproductive organs.

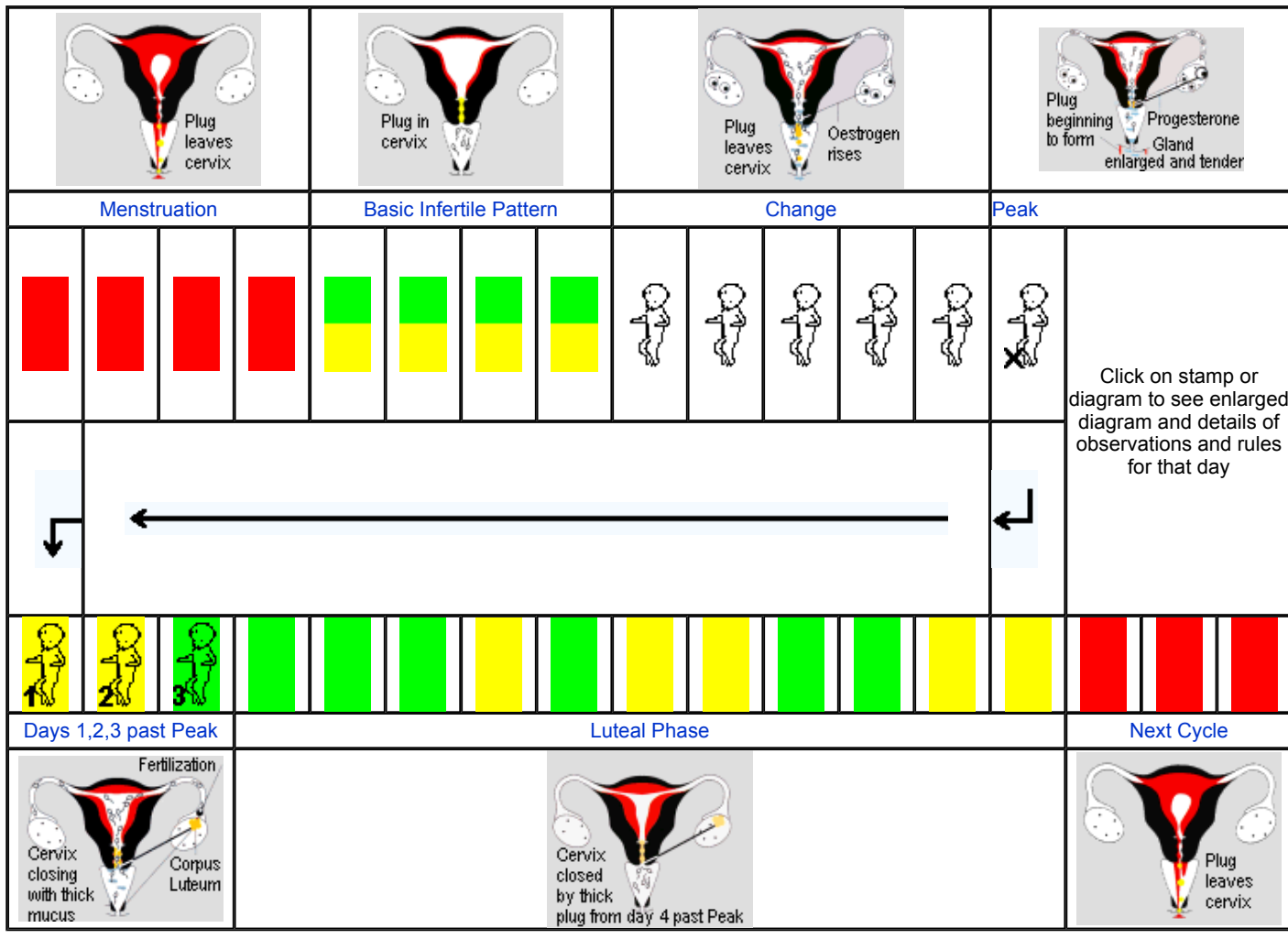


Fertility

In order for a woman to be fertile there must be:

- A satisfactory ovulation with adequate ovarian hormones, oestrogen and progesterone.
- Healthy sperm.
- An adequate cervical function to produce mucus which will enable healthy sperm cells to reach and fertilize the egg.
- Healthy fallopian tubes to allow sperm to reach the egg and to allow the embryo (baby) to reach the uterus.
- Healthy endometrium for implantation of the embryo.
- Emotional harmony between husband and wife is also essential for normal functioning of the woman's reproductive system.

Summary of observations, charting and rules of the Billings Ovulation Method



Menstruation



Heavy bleeding obscures mucus when ovulation is early

The Daily Record (Observation/Sensation/Appearance)

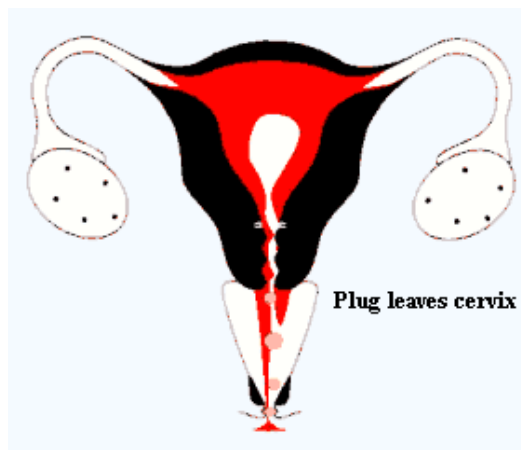
Wet, bleeding (red) -----Dry, spotting-----No mucus felt or seen

To avoid conception:

Wait during heavy bleeding

If you want to have a baby:

Wait during heavy bleeding



Endometrium is shed. Ovary is resting **Vulva wet**

Basic Infertile Pattern (BIP)



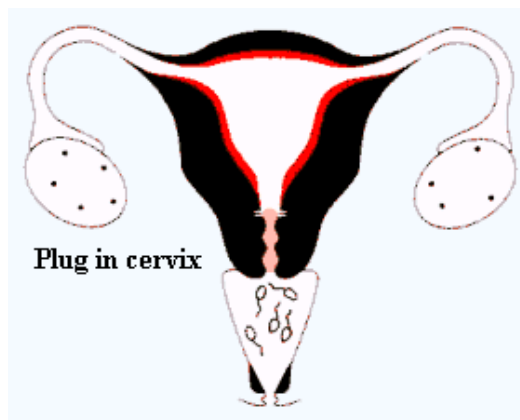
Unchanging pattern before the fertile phase, varying in length.

The Daily Record (Observation/Sensation/Appearance)

Dry, nothing felt or seen (plain green)-----OR-----Dry, slight mucus seen, same every day (plain yellow)

To avoid conception:

Alternate evenings are available for intercourse when BIP is identified



If you want to have a baby:

Alternate evenings only during BIP

Sperm cannot enter uterus. Sperm die. Ovary is resting. **Vulva dry**

Change



Fertile pattern - **Changing** pattern

The Daily Record (Observation/Sensation/Appearance)

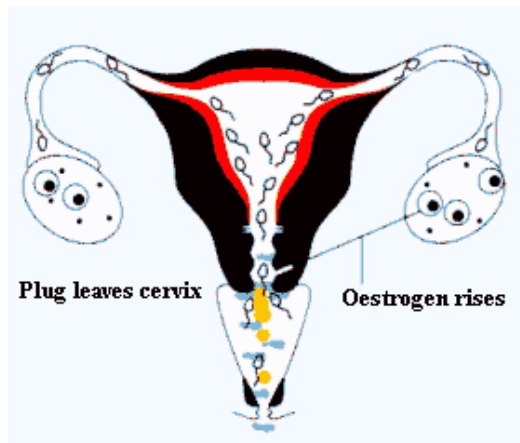
Change No longer dry at vulva (white baby)

Sensation change, appearance change; Wet, slippery at vulva

Clear mucus strings may appear, then disappear - Slipperiness at vulva continues

To avoid conception:

Wait no genital contact



If you want to have a baby:

Wait until mucus becomes slippery

Ovary is active: cervix produces fluid mucus and plug leaves cervix making sperm entry possible; **Vulva no longer dry**

Peak Fertility - Vulva feels swollen, soft and slippery

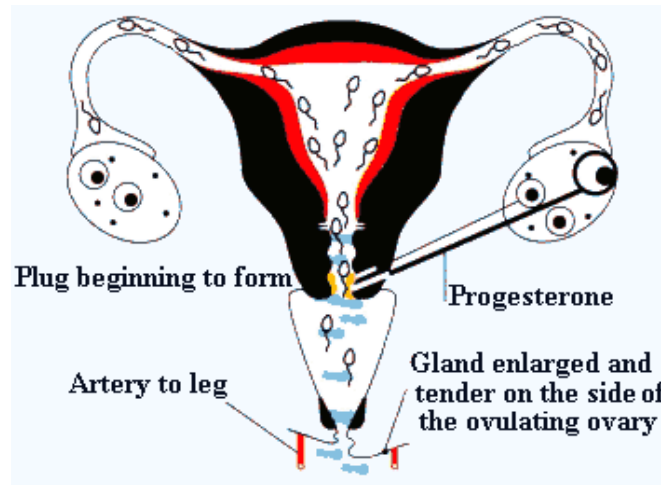


Fertile pattern - **Changing** pattern

The Daily Record (Observation/Sensation/Appearance)
Continuation of **Change** (see above)

To avoid conception:

Day of maximum fertility. Genital contact should be avoided until the 4th morning past the Peak.



If you want to have a baby:

Have intercourse when the sensation is slippery and the vulva is soft and swollen.

Peak fertility - Vulva feels swollen, soft and slippery

Days 1, 2 & 3 After Peak

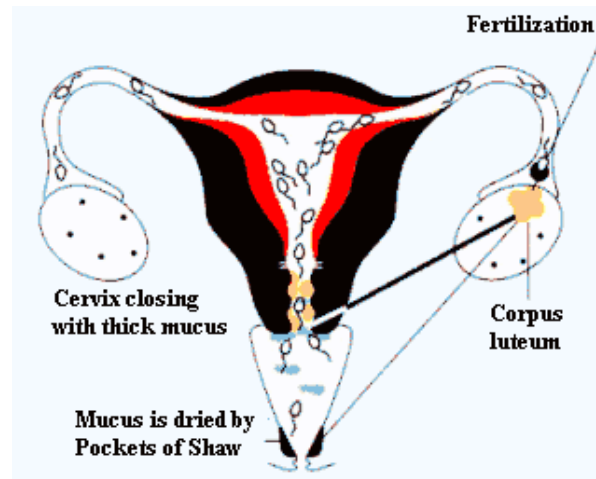


Fertile for 3 days after Peak, sperm may still enter.
Ovulation occurs on only one day in cycle: Peak or Day 1 or Day 2 after Peak

The Daily Record (Observation/Sensation/Appearance)
Sticky mucus (yellow baby) - Dry (green baby) - No longer wet or slippery

To avoid conception:

Still waiting, intercourse is available from the 4th morning past the Peak.

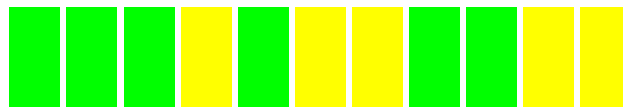


If you want to have a baby:

Intercourse may still result in conception during these 3 days.

Sperm joins egg in tube. Endometrium prepares for pregnancy. - Vulva no longer wet or slippery.

Luteal Phase - infertile, egg is dead

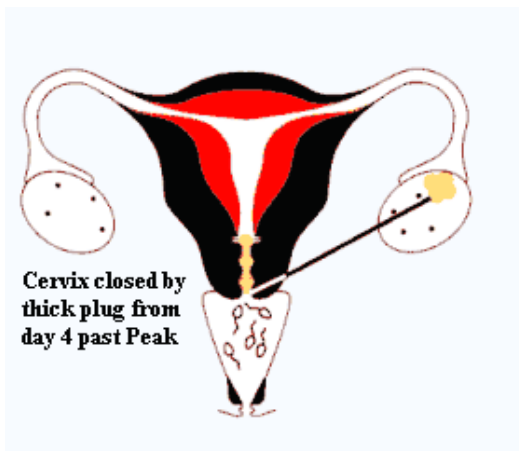


Infertile, egg is dead

The Daily Record (Observation/Sensation/Appearance)
 Dry (plain green) or some variable mucus (plain yellow) felt and seen over next 2 weeks

To avoid conception:

Intercourse is available at any time until menstruation begins.



If you want to have a baby:

Intercourse is available at any time. Conception is no longer possible.

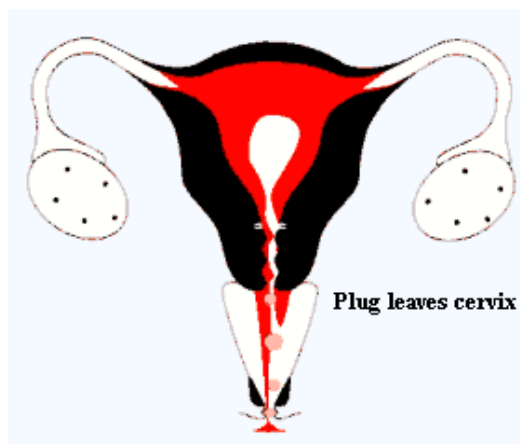
Next Cycle



Next cycle begins (red)

To avoid conception:

Wait



If you want to have a baby:

Ovulation sometimes occurs before bleeding ends

Slippery mucus indicates the best time for conception

The Authors gratefully acknowledge Jane Mooney for the original artwork.