



How do we test for cervical mucus?

One of the questions I often get asked is when charting one's cycle, how do we test for cervical mucus? Some women are even a little bit kind of weird about testing their own cervical mucus because it feels like how should I do it? Do I insert my fingers in my vagina? How does it even happen?

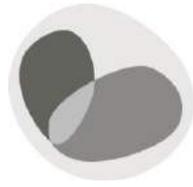
So let's just go through and let me take you from beginning to end of that process and how often you should be doing it. First and foremost, make sure you wash your hands so before going to the bathroom every time, wash your hands and get into the cubicle or if you're at home, then obviously go to the bathroom. What you want to do is you want to feel the outside outer rim of your vagina, so near the entrance of your vagina but you don't necessarily want to put your fingers in the vagina.

What you do want to do is just check to see what is the texture of the mucus and throughout the month, that texture will change. After your period, what will happen is that you have a few days of nothing—no mucus, no blood, everything is just going to feel quite dry. Then after a couple of days, you start to get this very kind of pasty, creamy-type mucus. When you check in the mouth of the vagina, you just kind of feel like that very pasty mucus.

A few days go past and ovulation starts to approach and that mucus starts to become a little bit more stretchy, so in the beginning you will just go like this and it will break. Then it starts to become a little bit more stretchy and you start to notice that kind of stretch.

After ovulation is even closer and typically this happens 1 to 2 days prior to ovulation, the mucus starts to become very stretchy. It's like egg white-like in consistency. Literally you can go like this and it will stretch. Again, you just need to check it at the mouth of the vagina. You don't need to put your fingers internally but what's really important for you to realize is that change is basically what you need to focus on when you start trying to conceive.

Now the mucus can change also throughout the day and so when you are charting your cycles in your basal body temperature charts, you want to make sure that you're checking your mucus every single time you go to the bathroom just before you do a wee. Every time you go to do a



wee, you just wash your hands, check the mucus, see what it's like because you might have 3 different types of mucus in one day.

You might wake up one morning, and you have no mucus. Then you go to the bathroom and you have really stretchy, really fertile mucus, and then at the end of the night or at the end of the day, you have no mucus at all, or the reverse might actually be true. You might wake up, you have fertile focus, then you have nothing, then you have a little bit more, and so on.

What you want to note down on your chart is the most stretchy, most profuse, and most fertile mucus of the day. That's what you put down even though you're checking throughout the day because you might miss it altogether if you don't do it that way because as I said, fertile mucus you will only really be able to see it 1 to 2 days in the entire month.

A lot of women come to me and they say, "But I don't think that I have fertile mucus." Well, it's actually not that they don't have it; it's that because they don't check every time they go to the toilet before they go to the toilet. Sometimes you might do a wee and there's a whole lot of mucus that comes up on the toilet paper. That's going to be difficult for you to be able to track. You don't want to track it on the toilet paper. You actually track on your fingers, that's why you always do it before going to the toilet and doing a wee.

I hope that helps and helps you to understand in not only how to track your mucus but also when you should be doing it, and that will really give you a better chance of timing conception effectively.

I hope that helps. Until next time. Bye for now!

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