What is a Cycle Diary?

A cycle diary is a calendar that you use to chart your menstrual cycle. It will allow you to chart the following:

- first day of your period;
- length of your period;
- flow of period; and
- ovulation period.

You can use the simple calendar provided in this brochure to start charting your cycle today.

After charting your cycle for three consecutive months, bring your cycle diary to your health care provider for review.

Go to Ovatel.com to download your cycle diary chart and order your saliva ovulation monitor. Start your cycle diary today!

What is a Normal Cycle

Your menstrual cycle should be consistent each month. The normal menstrual cycle averages:

- 24 to 35 days between cycles;
- 4 to 6 days of bleeding; and
- ovulating between days 10 and 15 of cycle.

What Types of Medical Conditions Can an Irregular Cycle Reveal?

Here are a just a few medical conditions that can cause cycle irregularities:

Endometriosis:
(Common symptoms include: spotting between periods; heavy and/or irregular periods)

Pituitary Tumor:
(Common symptoms include: vanishing period; period may become irregular; or flow may change)

Polycystic Ovarian Syndrome:
(Common symptom: irregular or no period)

Anaovulation/Infertility
(Common symptoms include: a cycle that lasts longer than 35 days; and no ovulation period)

Luteal Phase Defect
(Common symptom: a luteal phase shorter than 10 to 12 days)

O - Ovulation
S - Spotting

L - Light Flow
M - Medium Flow

H - Heavy Flow
P - Pain

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Why Do You Need a Cycle Diary?

Here are a few good reasons:

Health Care Providers:
Your health care provider can tell a lot by reviewing your cycle diary. He/she can determine if there are any irregularities in your cycle. If there are, you may have an underlying medical condition. Many serious medical conditions go unnoticed for years. Why? Many women make excuses for slight changes in their cycle.

For instance, if you missed a period or it was shorter than normal, you may say to yourself:

"Oh, I was stressed this month and that's why my period came late"; or
"I'm lucky; this month my period only lasted two days"; or
"My body must be changing."

While all of these may sound like valid reasons for an irregular cycle, a cycle diary doesn't make excuses or hide the truth. That's why it's important to maintain a cycle diary and to bring it with you to your next doctor's appointment. You can review it together and discuss any changes.

Family Planning:
If you're trying to conceive, a cycle diary is a must. A cycle diary will reveal exactly when you are ovulating, signaling the best time for conception. Now, if you do not conceive after a few months, bring your cycle diary to your health care provider. Based on the information you have entered, he/she will know the next steps to take to help you to conceive.

Social Life:
While you may not give it much thought, knowing where you are in your cycle can help you to plan your social life. For example, why book that beach vacation during a week when you are expecting your period? Camping? Probably not the best time to rough it in the wilderness. With a cycle diary, you can predict when your period will arrive and you can now plan that romantic evening, worry free.