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FERTILITY CYCLE CHART

Using your Maybe Baby™ Fertility Chart

1. PREPARE:

- Ensure you have not had anything to eat or drink for at least 3 hours prior to using Maybe Baby™.
- Clean the flat internal surface of the viewfinder (*fig. 1*) with the lint free cloth provided (do NOT use water or any other cleaning product).
- Using a clean fingertip place a smear of saliva over the flat internal glass surface of the viewfinder (*fig. 2*). Make sure there are no bubbles of saliva on the lens.
- Leave saliva to dry for approximately 10 minutes.
- Replace the viewfinder (*fig. 3*).



Fig. 1

Fig. 2



Fig. 3

Fig. 4

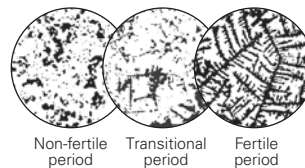
2. VIEW:

- Hold the Maybe Baby™ up to your eye.
- Press the light switch on the bottom of the Maybe Baby™.
- View results through the viewfinder.
- If necessary rotate the eyepiece until the pattern is clear (*fig. 4*).

3. RECORD:

Beginning on the first day of menstruation use the following code to record your cycle:

- M**: Menstruation
- : Pebbles/dots (non-fertile period)
- T**: Pebbles and ferns (transitional period)
- O**: Full ferning/Ovulation (fertile period)



Non-fertile period

Transitional period

Fertile period

Please note: You do not have to wait for your first day of menstruation in order to begin using Maybe Baby™. However it is a good idea to use menstruation as the starting point for charting your results.

4. CLEAN:

Clean the internal surface of the viewfinder with a lint free cloth, in preparation for your next sample.

DAY	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	EXAMPLE
1							M
2							M
3							M
4							M
5							-
6							-
7							-
8							-
9							-
10							-
11							T
12							T
13							T
14							O
15							O
16							T
17							T
18							T
19							-
20							-
21							-
22							-
23							-
24							-
25							-
26							-
27							-
28							-
29							
30							
31							