

Understanding Your Charts & Cycles

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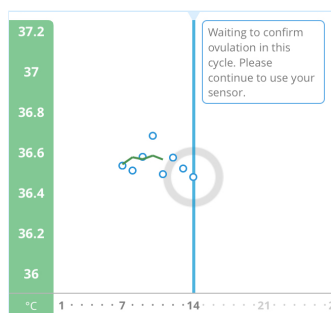
The example graphs are in Celsius but as described in the 'User Guide' you can change to Fahrenheit if you wish.

1. Realtime Prediction & Your Ovulation Window

Top

OvuSense provides you with the best information it has available on each day in your cycle. As your cycle progresses, your OvuSense App will register a data point on your chart for every night of use and inform you about your current fertility status. OvuSense starts monitoring temperature immediately. In the first days of your first cycle of use, OvuSense will tell you "Waiting to confirm ovulation in this cycle. Please continue to use your sensor." as it takes the time to start building a picture of your cycle.

Note: The chart pictures that follow are for illustration only. Depending on your mobile device, your chart may scale slightly differently.

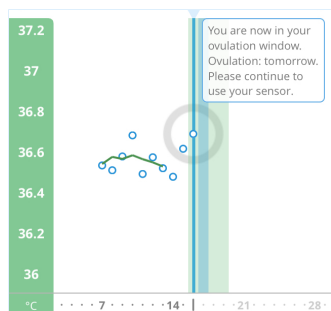


Over a number of years, clinical studies have identified that a sustained rise in temperature is associated with ovulation^[1]. OvuSense builds on this original clinical work with a set of new methods which predict and confirm the date of your ovulation in each cycle.

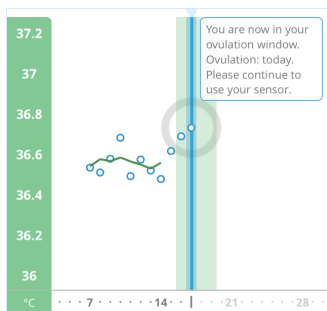
OvuSense is specifically looking for a sustained rise in your average core temperature. In general, an increase of at least 0.3 degrees Celsius (0.54 degrees Fahrenheit) over three days indicates ovulation though your pattern may vary.

If OvuSense sees two or three days where the temperature has risen in a particular pattern it will put a green shaded 'ovulation window' on your chart. The ovulation window starts one day before ovulation and continues until two days after ovulation.

OvuSense displays the ovulation window with a green shaded area, and the predicted date of ovulation with a blue line. Once you get to know your cycle with OvuSense, you should be able to see the start of this rise before OvuSense provides a prediction.



OvuSense uses a number of methods to predict ovulation. At the same time as showing the ovulation window it will tell you that your expected ovulation date is 'tomorrow' or 'today', or it may just say that 'you are now in your ovulation window'. OvuSense is cautious about providing these predictions, and will show you one or more of these messages in 89%-95% of cycles. When it shows the green shaded 'ovulation window', clinical studies have proven OvuSense gets it right 92%-96% of the time.^[2]



Depending on the temperature information OvuSense measures in your body, you may not always get an ovulation window, or it may be moved by the OvuSense App as the cycle progresses to give you the most up to date information it can provide.

If you fail to ovulate around the expected time during a particular cycle, whether or not the OvuSense App indicated an ovulation window already, you'll need to continue using the Sensor to ensure that ovulation is detected if it does occur later in the cycle.

OvuSense Tips:

- Your temperature is likely to vary a lot from day to day. That's normal so don't worry - it's the overall pattern in the cycle that's important.
- The pattern you see in your graph is not exactly the same as the one OvuSense uses for calculating ovulation - that's because it averages the data it receives over time.
- Once you get to know your cycle with OvuSense, you should be able to see the start of the ovulation pattern before OvuSense provides a prediction.
- OvuSense is likely to produce different results from other temperature based methods and fertility Apps if you are using those at the same time.
- To optimise your chances of conception it's key to have sex, or take other action such as booking an insemination at a clinic, from the start of the rise and throughout your ovulation window.

Clinical Proof:

- **[1]** The rise in temperature to detect ovulation was identified in a clinical paper by *Barrett and Marshall (1969)* and developed further by *McCarthy and Rockette (1983)*.
- **[2]** The key publication outlining prediction of ovulation by OvuSense was shown at the 2014 ESHRE meeting: *Papaioannou S, Delkos D, Pardey J. (2014)*.
- **[3]** The claims for accuracy for the confirmation of ovulation by OvuSense are based on the data set shown in [2], originally published at the 2013 ASRM meeting as a quality index: *Papaioannou S, Aslam M. (2013)*.
- **Note:** The majority of OvuSense publications are clinical posters shown at the annual meetings of the two largest clinical societies for reproductive medicine: ESHRE and ASRM. Poster publications are reviewed by a committee of peers for both societies and only allowed to be presented if deemed of sufficient scientific merit and robustness. They are then published as part of the proceedings of the meetings in the official society journals 'Human Reproduction' and 'Fertility and Sterility', respectively. As is the norm with the development of medical devices, the OvuSense trials were sponsored by the company but the primary authors of the posters are independent clinicians.

2. Confirmation of Ovulation Date

Top

OvuSense checks whether the rise is sustained and then confirms the date on which you ovulated.

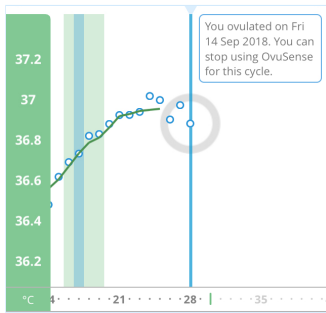
This will happen three to four days *after* you ovulate, with a message telling you the exact date of ovulation.

Clinical studies have shown OvuSense will confirm ovulation in 99% of the cycles where an ovulation happens, and with an accuracy of 99%.^[3]

OvuSense Tips:

- Once you get the message telling you the date of ovulation, you can stop using the Sensor for the current cycle if you wish, although many users find benefit in continuing with OvuSense after ovulation to understand their cycles more fully, and it is particularly important to monitor for the whole cycle if you are trying to track the effect of medications, treatments, supplements or dietary change.
- As your cycle progresses, OvuSense may move the ovulation window. Or it may decide that the rise no longer looks like ovulation at which point it will state 'ovulation not confirmed' and the green ovulation window will disappear. If this happens, don't worry, just keep using OvuSense as ovulation may be confirmed later in the cycle.

As long as you act on the information OvuSense provides and have sex as often as you can around the ovulation window, you will be maximizing your chances of getting pregnant.



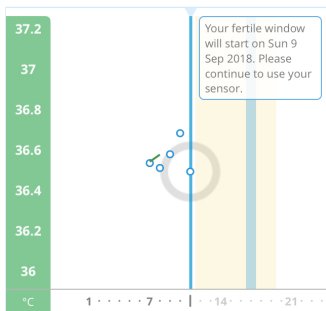
3. Your Fertile Window

Top

At the start of your next cycle you input the date of the first day your bleed begins as described in the '**User Guide**'.

At the start of your second cycle, and for each cycle after that, OvuSense will predict the start of your "fertile window" for that coming cycle.

The OvuSense fertile window is the full eight days when you are most likely to be able to conceive, from five days before ovulation until two days after ovulation. OvuSense displays the ovulation window with a yellow shaded area.



If ovulation wasn't detected in any of the previous measured cycles, then OvuSense will simply tell you ovulation is not yet detected.

If the fertile window is predicted, OvuSense will continue to indicate your fertile window start day, until you pass that day and enter the fertile window itself. The screen will then indicate you are in your fertile window. This is when you should start to have sex as often as possible to maximize your chances of conception.

You will then enter your ovulation window, and the screens will continue to appear in the order outlined above.

4. Core Body Temperature

Top

Each Current Cycle screen shows the temperature scale, and the value for the last recorded overnight core body temperature. The temperature displayed is the one that best represents the overnight value and this is decided by the OvuSense algorithm.

OvuSense will generally read higher than an oral temperature measurement by 0.3°C-0.6°C (0.5°F-1.0°F), so a reading at or over the top of the default range doesn't necessarily mean you have a fever.

Note: *The OvuSense temperature value is not the same as a BBT measurement taken with an oral thermometer or a skin temperature taken with another device! If you enter the daily OvuSense values into a BBT chart or fertility tracker app the results it produces may not be valid, and the chart/app results will not be reliable because OvuSense uses a proprietary algorithm which is not used by any other app.*

The displayed temperature value is rounded to the nearest 0.01°C or 0.01°F, so the point on the graph may not always match the displayed value. If no data have been downloaded for the current day the display will read '--.--'.

5. Trying For a Baby

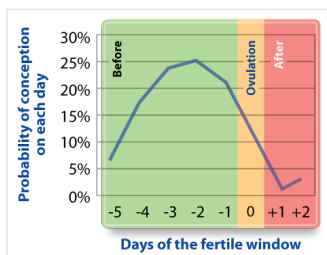
Top

Ovulation occurs when hormonal changes in a woman's body cause an egg to be released from the ovaries. An egg lives for about 12-24 hours after it's released as it travels slowly up the fallopian tubes. For you to get pregnant, a sperm must fertilize the egg within this time. Sperm can live for 5-7 days.

Research has shown that you're most likely to get pregnant if you have sex within your fertile window. As indicated above, this lasts from about 5 days before you ovulate until 2 days after.

If you are trying for a baby, you should be aiming to have sexual intercourse every 2–3 days throughout the cycle because that improves the quantity and quality of sperm.

By predicting and detecting ovulation in each cycle, OvuSense helps you to try and conceive at the best possible time, whatever day of the cycle on which you ovulate. This chart, taken from a study of 7017 cycles in 881 women by Colombo and Masarotto (2000)^[4], shows your chances of conception at each of the days around ovulation.



OvuSense also helps maximize the efficiency of any diagnosis or treatment you're receiving with a clinician, saving you valuable time in trying to get pregnant. Read more about tracking your cycles [here](#).

[4] [Colombo and Masarotto \(2000\)](#).

6. Understanding Your Cycles and Cycle Patterns

Top

A standard menstrual cycle can range from 15 to 45 days in length, but for women with ovulatory issues such as Polycystic Ovaries (PCO), Polycystic Ovarian Syndrome (PCOS) and Diminished Ovarian Reserve (DOR), cycles can last considerably longer.

Most women and clinicians start with the assumption that regular cycles of about 28 days long will result in ovulation on day 14. Although studies have shown that only around 30% of women exhibit this pattern so if you experience irregular cycles already or if OvuSense shows you have early, late or irregular ovulation in your cycle you are not at all unusual.^[5]

Menstrual bleeding tends to last from 2 to 7 days, and the first day of the menstrual bleed is the first day of the menstrual cycle. This is why OvuSense needs you to enter your first day of bleeding as the Cycle Start Date.

[5] [Baird D, McConnaughey D \(1995\)](#);
[Lenton EA, Landgren BM \(1984a\)](#);
[Lenton EA, Landgren BM \(1984b\)](#)

7. Using OvuSense for Cycle Tracking

Top

Clinical studies have established that temperature patterns taken throughout a cycle have been used for some time to establish an understanding of possible causes of infertility and to understand what is happening during treatment.^[6]

Since it was launched in 2013, OvuSense users and their doctors have found that the changes in cycle pattern produced by OvuSense are extremely helpful in tracking or monitoring the effect of medications, treatments, supplements and dietary change.^[7] In general, all interventions associated with sub-fertility or infertility are aiming to create more regular cycles, shorten the cycle length and move your ovulation towards the middle of your cycle. These are the types of changes you and your doctor(s) should be looking for when tracking or monitoring any interventions.

You may be trying to conceive with the help of an OB/GYN, GP, fertility specialist, acupuncturist, reflexologist, naturopath, or nutritionist. Or, you may be helped by a number of these different types of 'doctor' along your fertility journey. If you have an OvuSense[®] Pro subscription then all of these doctors can gain extra insight into your cycle patterns through the OvuSense[®] Pro portal. Find out more about OvuSense Pro by [clicking here](#)

Your doctor may also learn more about your cycle characteristics from OvuSense[®] Pro which prompts them to carry out further diagnostic tests or monitoring.

[6] For example, [Lenton EA, Weston GA and Cooke ID \(1977\)](#)

[7] Internal OvuSense Post Market Surveillance documentation

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