



ZDL, Inc.

Zavos Diagnostic Laboratories, Inc.

E-mail: info@zdlinc.com

Please visit our website: www.zdlinc.com

The Zavos Home Conception Pak Instructions for Use*

**If you do not understand these instructions or if you have any questions, please call us at 859-278-6806, or log on to our website at www.homeconceptionstore.com and click Contact Us to send us an email.*

Ovulation Chart

Filling out your ovulation chart on a daily basis is very important. Charting will give you insight as to when ovulation is occurring, and will also provide accurate information for your healthcare professional if you need further assistance to conceive. It is important to keep track of the following:

- When your cycle started, the first day of your period
- The consistency, look, and feel of your cervical mucus*
- The days you had sex during the month
- What days you used the ovulation predictors
- The day your luteinizing hormone (LH) is released
- When the Cervical Cup with Stem was used
- When the Cervical Cup with Stem was removed
- What day you used the pregnancy test

By charting all these factors, you and your healthcare professional will have a better understanding of your body and fertility cycle.

*The following is a list of textures and colors of cervical mucus to inspect and chart on your Ovulation Chart:

1. Dry or no cervical fluid in the vagina
 1. This usually occurs after a menstrual cycle has ended
2. Sticky cervical mucus
 1. This mucus will feel like rubber cement and will be sticky
3. Creamy cervical mucus
 1. This mucus signals that your hormones are beginning the ovulation process
4. Clear cervical mucus
 1. Feels and looks like egg whites. Egg white cervical mucus is the term used to describe the cervical mucus just before ovulation. The mucus becomes very thin and the sperm is able to penetrate it easily