

Natural Fertility for Practice Nurses

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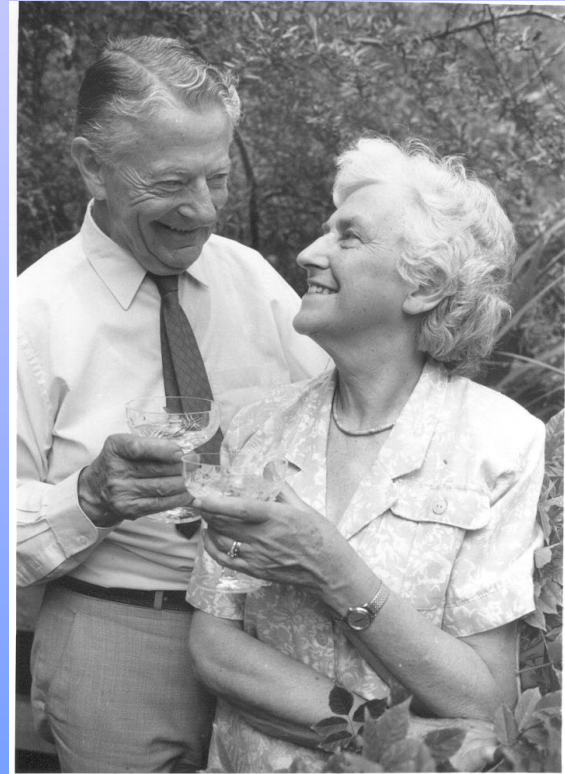


Using the cervical mucus
system to identify ovulation.

Using the Billings Ovulation Method™

Billings Ovulation Method™

Research began in 1953. Ongoing research has confirmed validity of this safe, effective and reliable method.



Now used in
122 countries

Drs John and Evelyn Billings



Professor Jim Brown

The review, "Types of ovarian activity in women and their significance: the continuum (a reinterpretation of early findings)" has been posthumously published in *Human Reproduction Update* 2010.

The Billings Method - a Kiwi method after all?

Billings Ovulation Method™

Natural Fertility Awareness



Billings Ovulation Method™

A natural way to:



Appreciate menstrual cycle



Achieve Pregnancy



Postpone Pregnancy



Monitor Reproductive Health

Billings Ovulation Method™

**Using the Billings Ovulation
Method™ to achieve pregnancy**



To whom will we teach the Billings Ovulation Method™?

- Women wanting to achieve pregnancy
- Women awaiting IVF
- Women with failed IVF
- Women who don't qualify for IVF
- Women not wanting IVF- preferring a natural method

Billings Ovulation Method™

-  easy to learn
-  applicable to every woman
-  natural and simple to use
-  no drugs or devices
-  no side effects
-  reliable
-  morally acceptable to all cultures

Male Fertility

Sperm production begins at puberty

Production of sperm continues throughout life



Female Fertility

Begins from puberty

Cyclic – potentially fertile for approx 5-7 days per cycle

Finishes at menopause



Couple Fertility

Billings Ovulation Method™

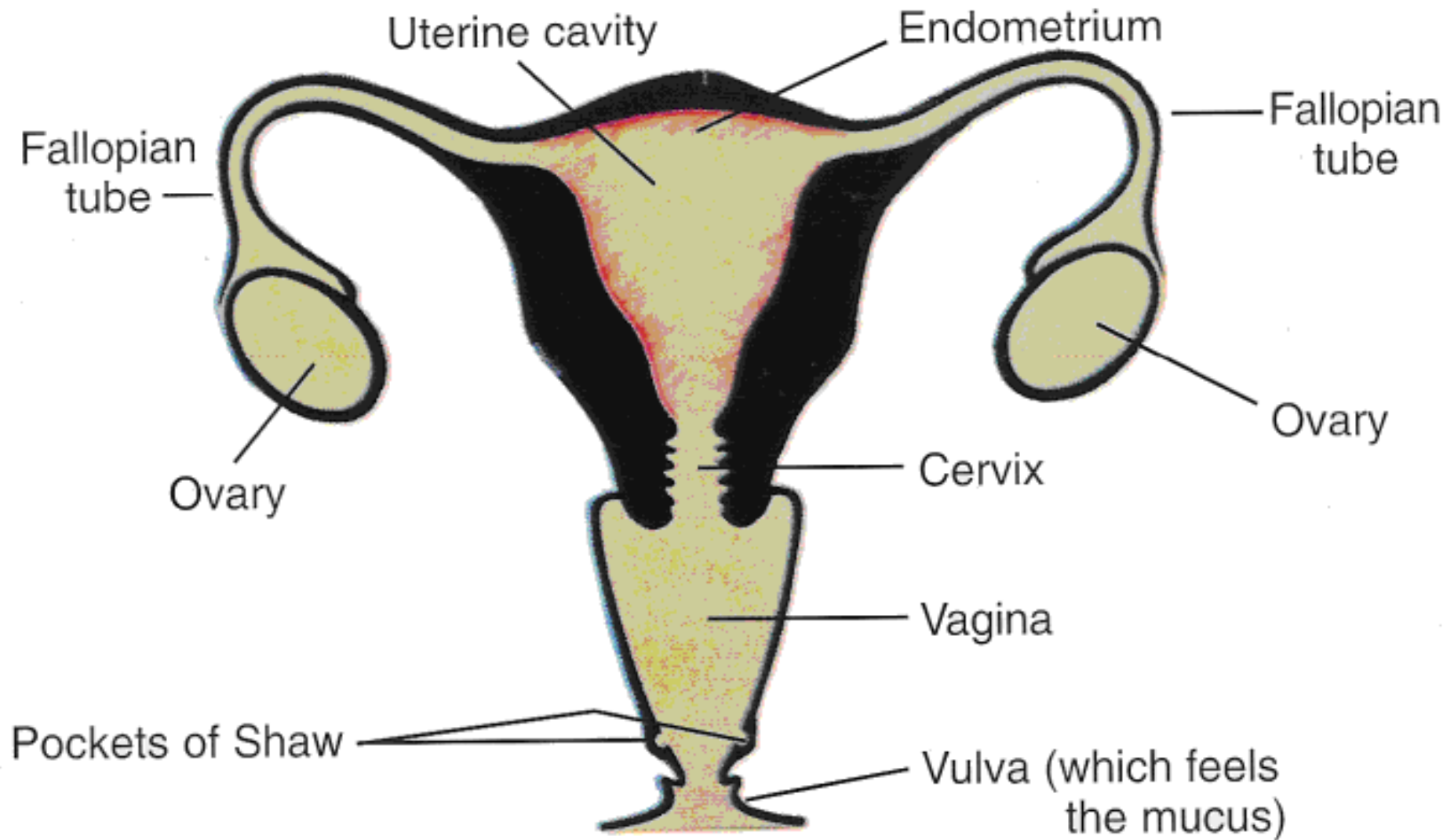
The purpose of the Billings Ovulation Method™ is to identify the short period of fertility in each cycle by observing the cervical mucus pattern.

Billings Ovulation Method™

Prerequisites for the Billings Ovulation Method™ to assist in achieving pregnancy are:

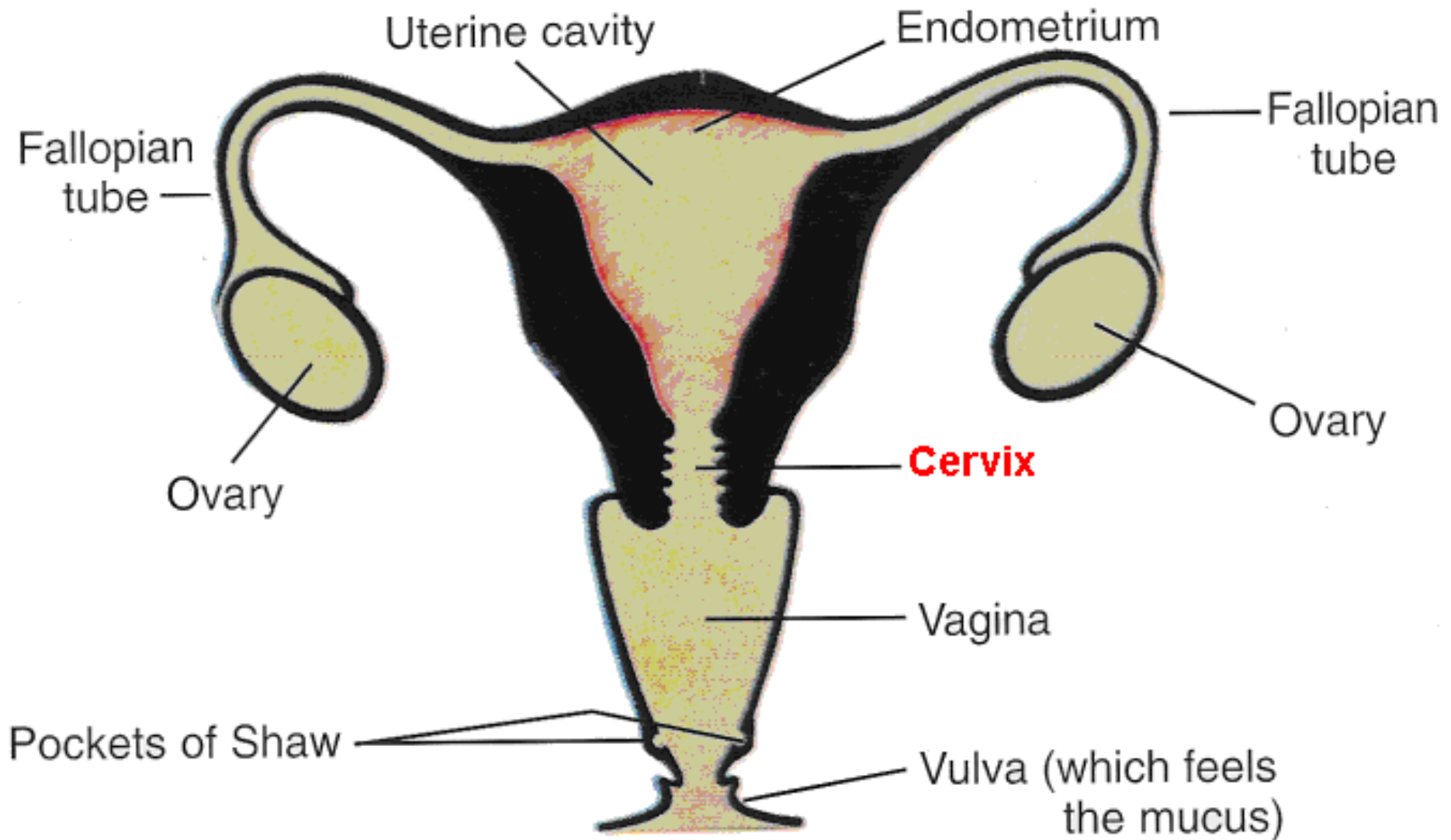
- Healthy sperm
- Unblocked fallopian tubes

THE FEMALE REPRODUCTIVE ORGANS



Billings Ovulation Method™

How do the sperm travel from the top of the vagina to the outer one third of the fallopian tube?

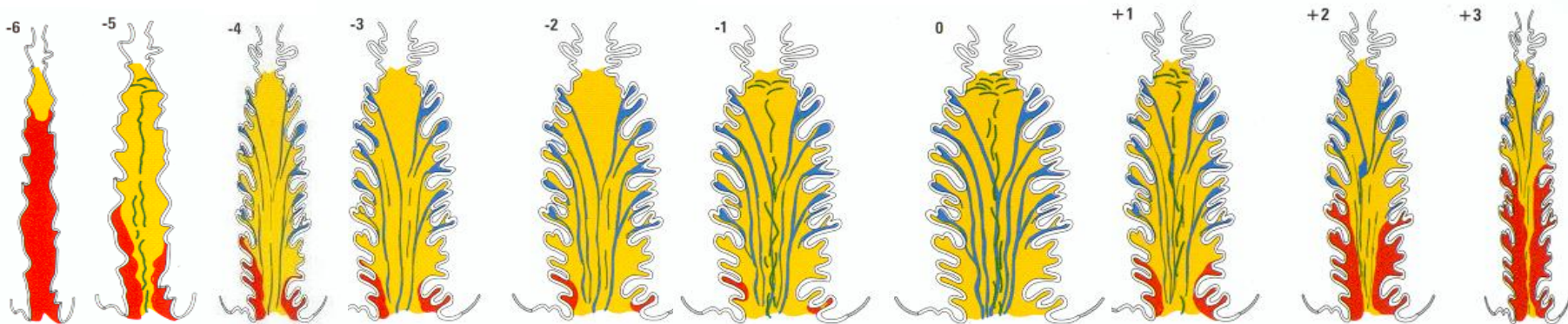
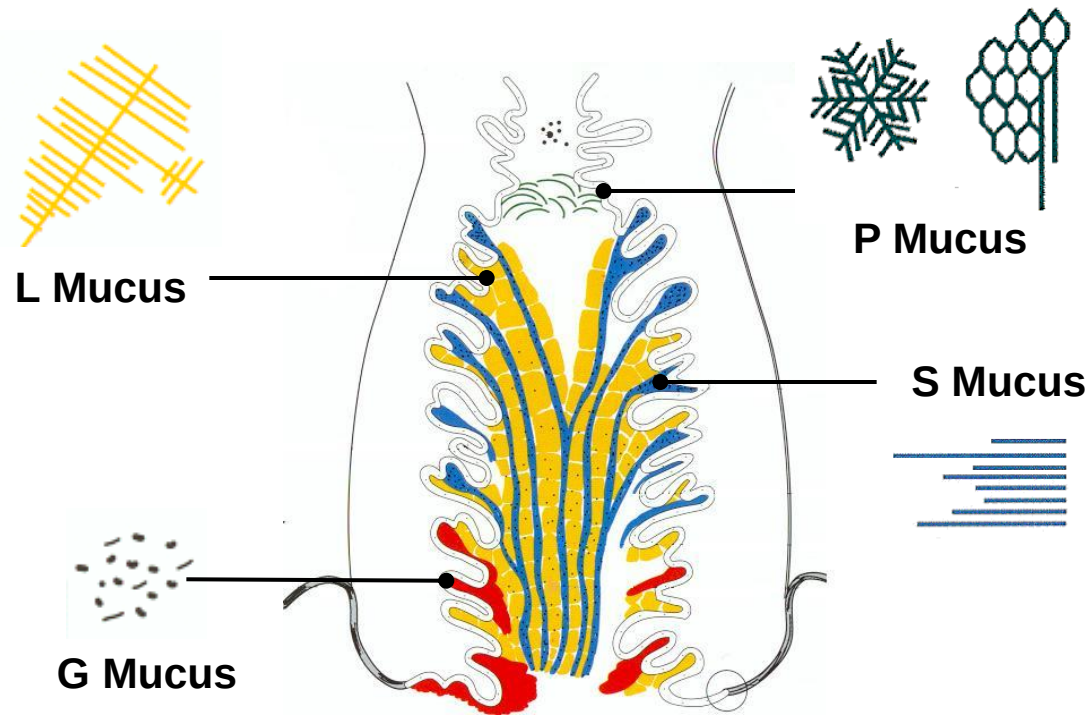


**THE CERVIX – the neck of the uterus
which bears the mucus-producing crypts**

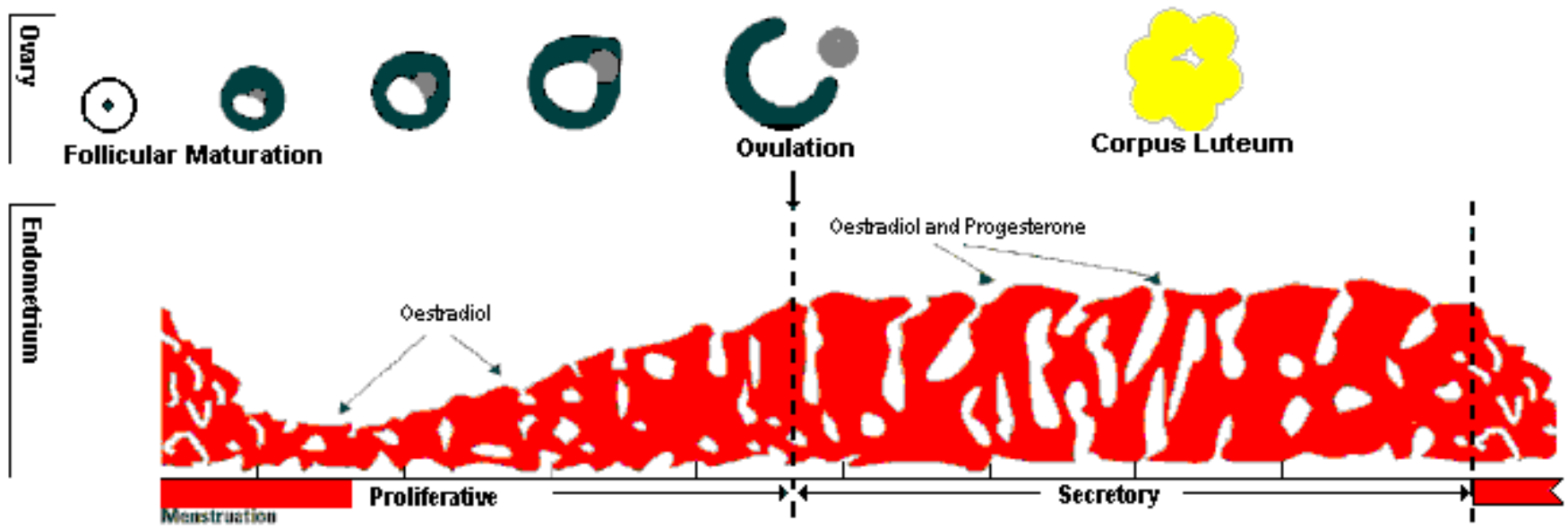
Billings Ovulation Method™

As the egg ripens it produces rising levels of oestrogen. This oestrogen acts on the cervix to produce fertile slippery mucus.

The Cervix

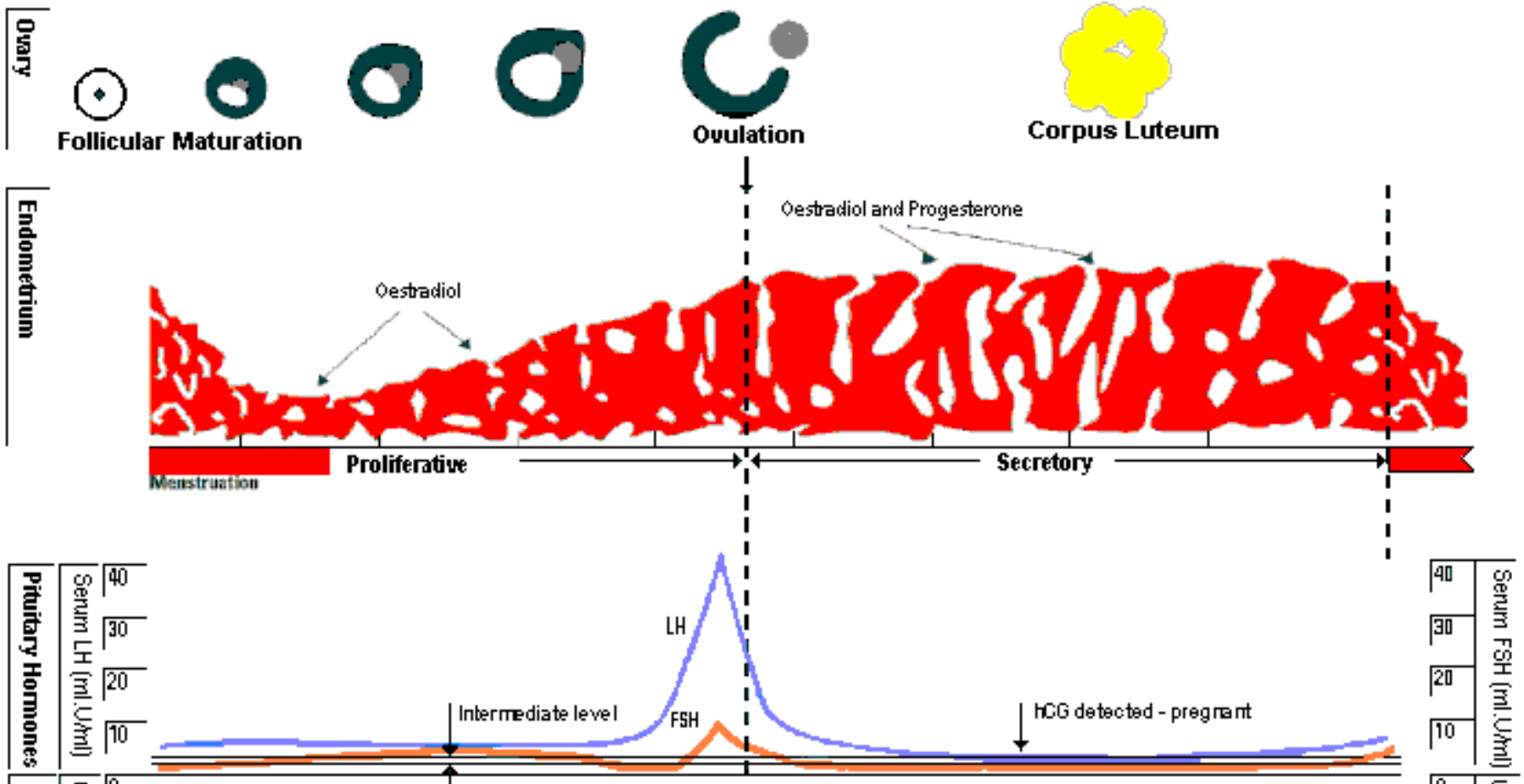


Billings Ovulation Method™

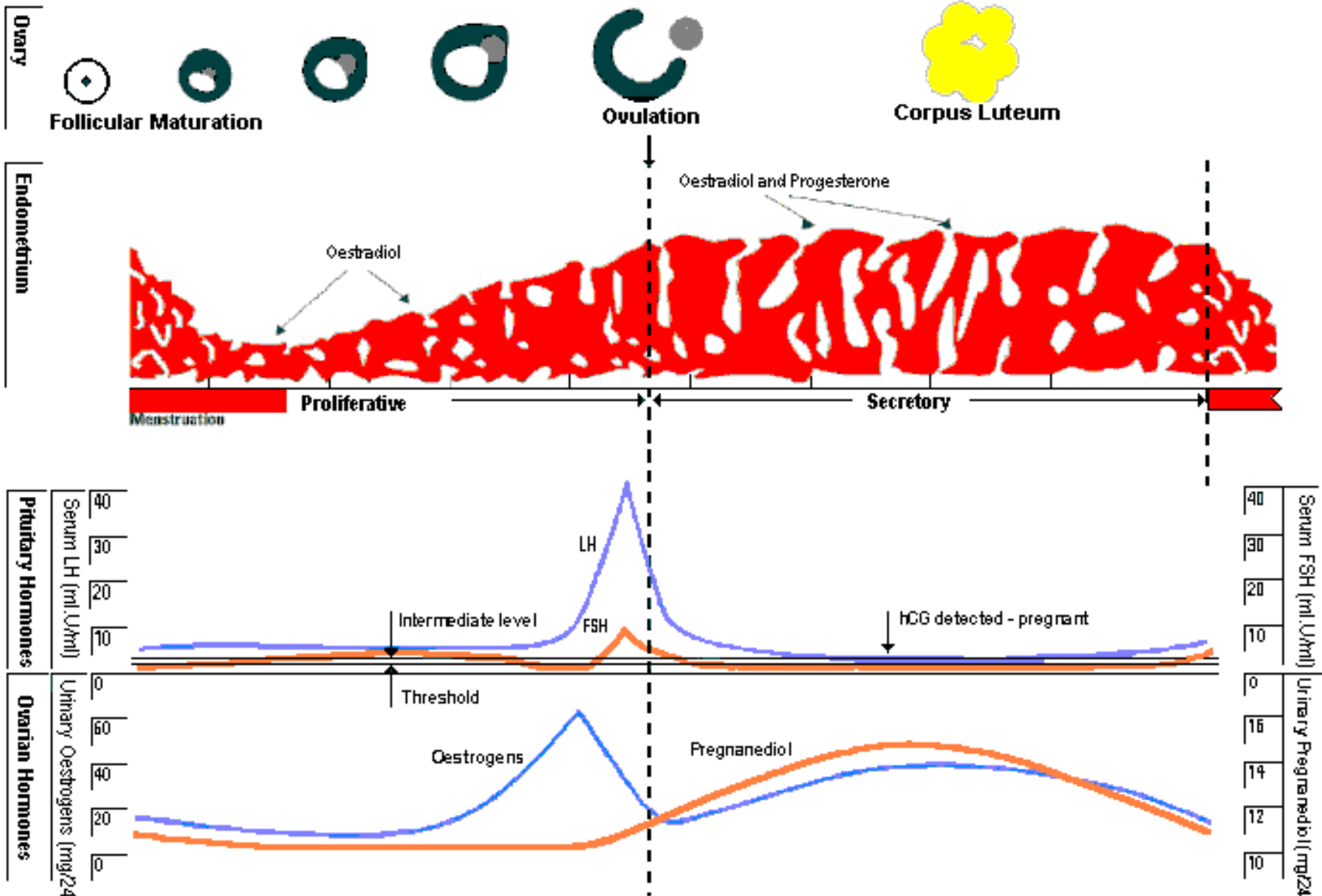


Development of the egg

Development of the lining of the womb

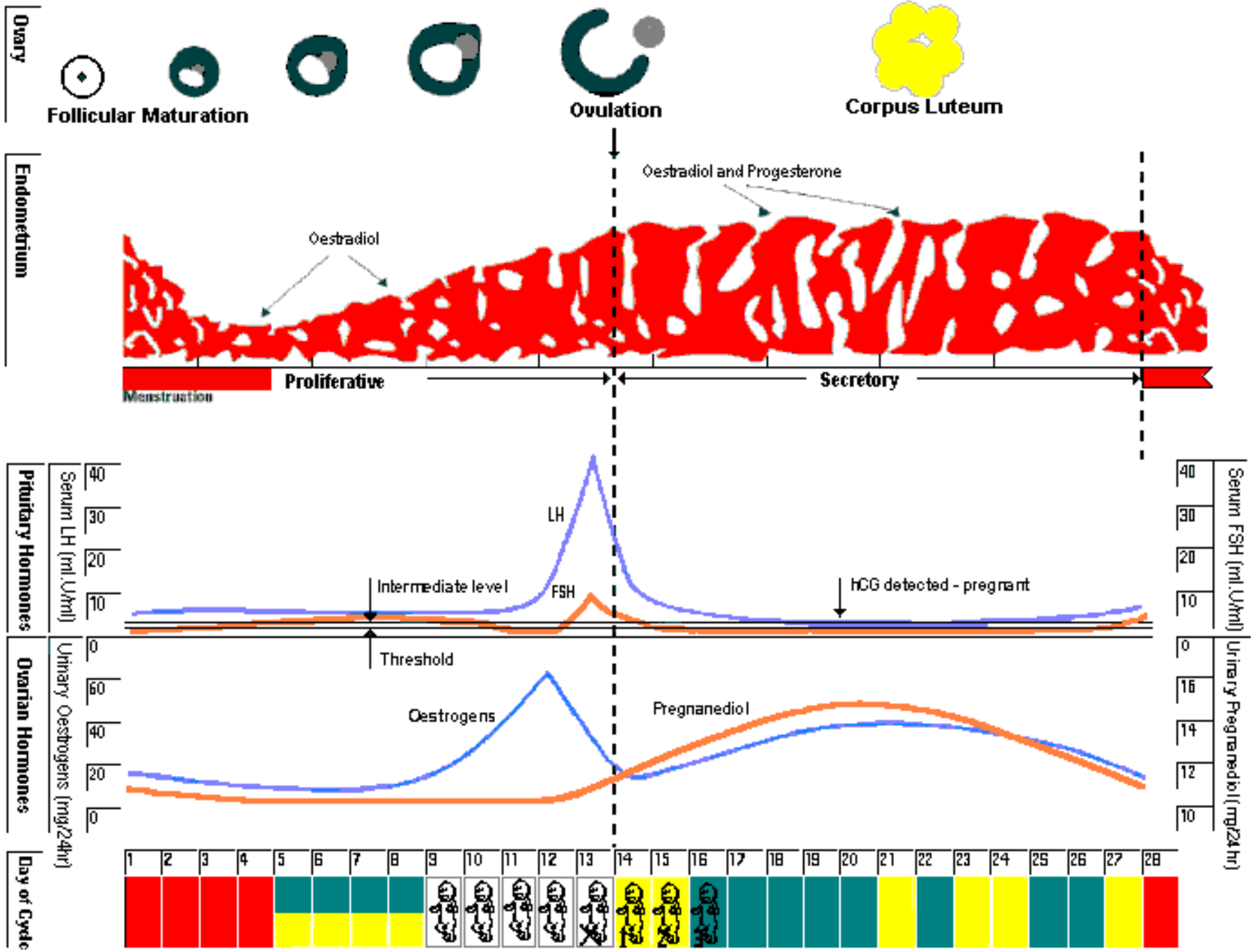


Pituitary hormones controlling the development of the egg and lining of the womb



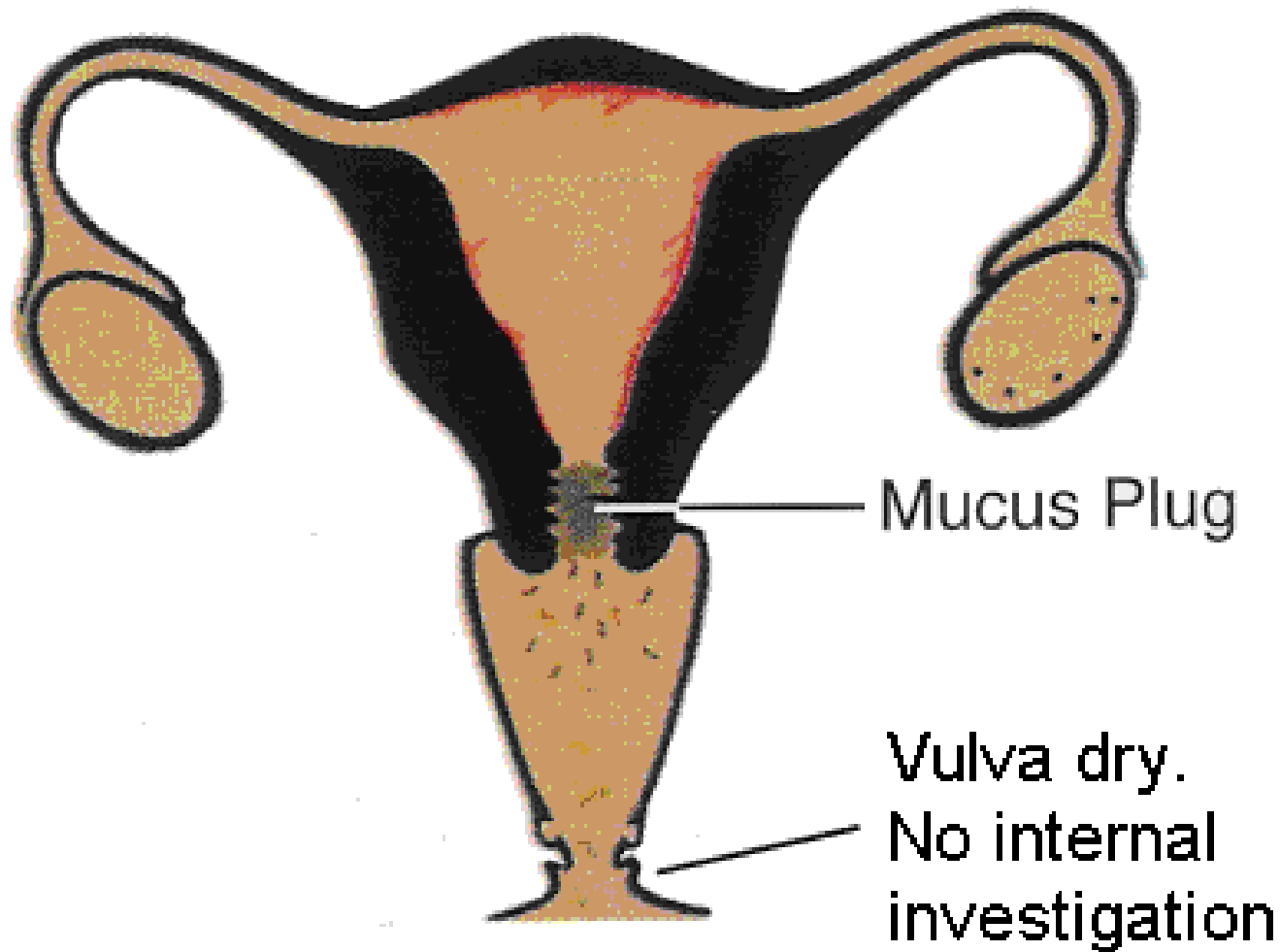
Ovarian hormones controlling the development of the lining of womb and stimulating cervical mucus production

How does the Billings Ovulation Method™ teach a woman when she is producing cervical mucus which indicates impending ovulation?

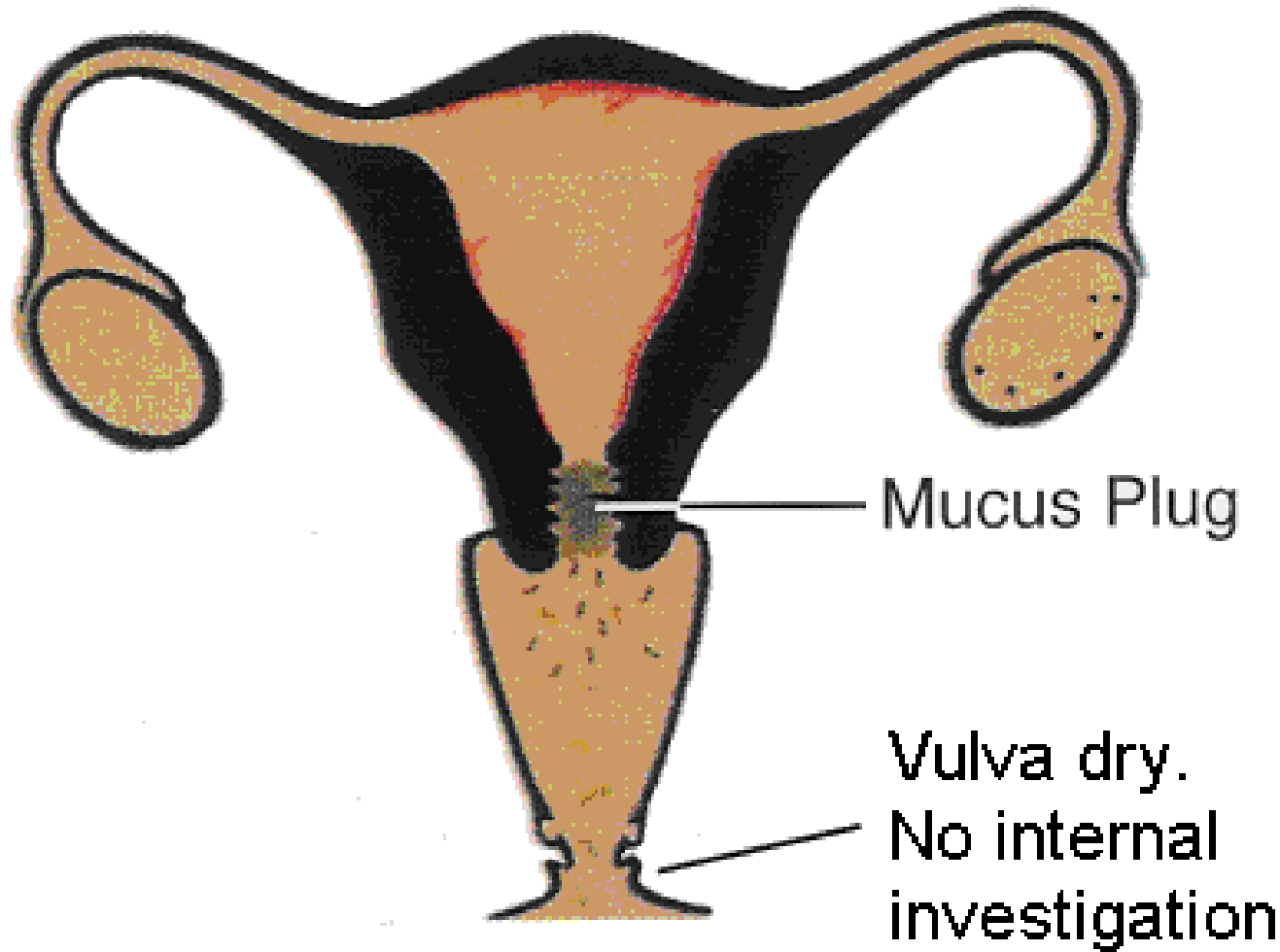


Keeping a Record

- + Observations made at the vulva as the woman goes about her normal daily activities
No internal examination
- + Most fertile characteristic of day recorded each evening
- + One or two words recorded to describe sensation and appearance
Coloured stamps or symbols used on chart

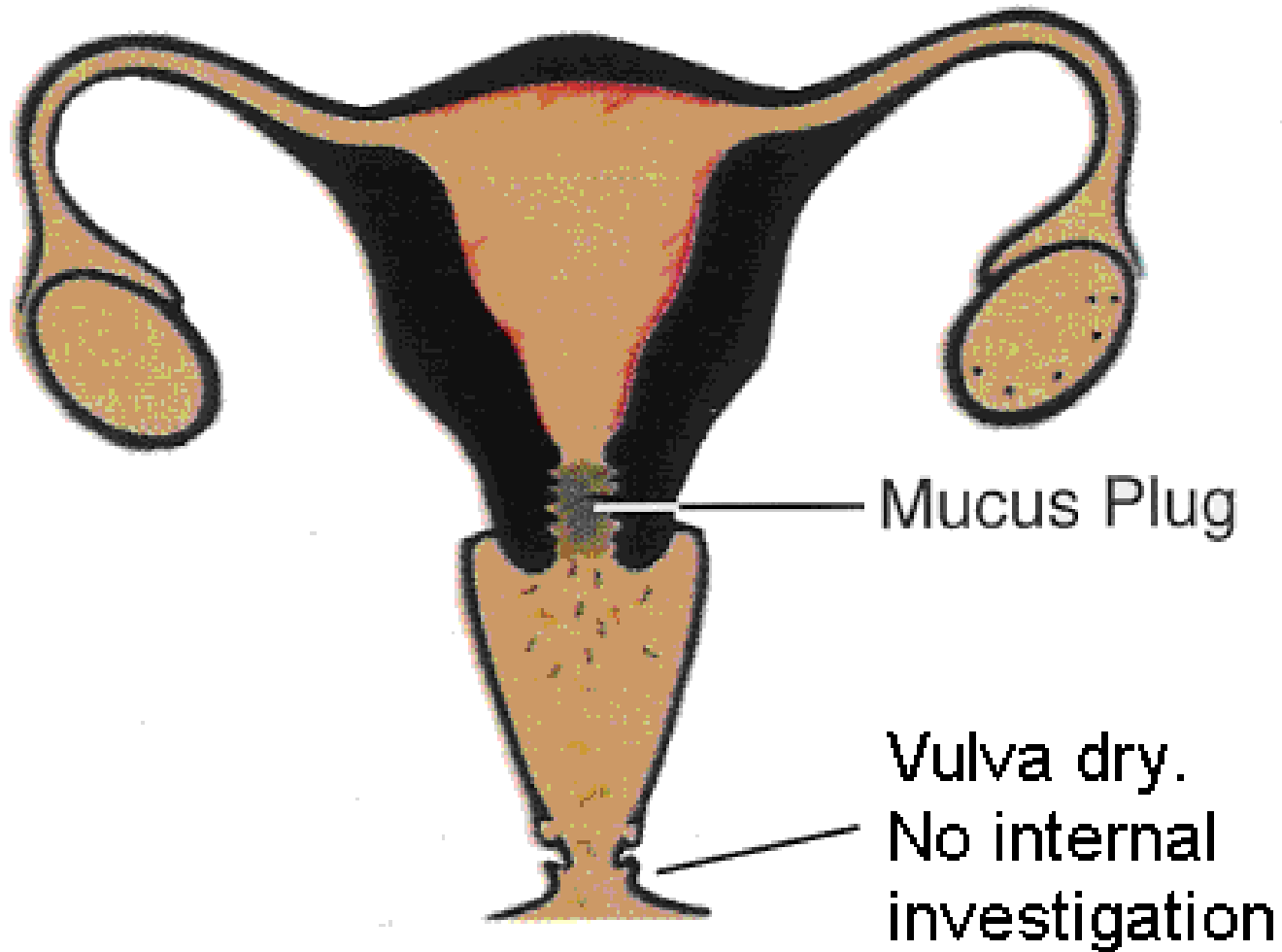


Following menstruation cervix occluded
with thick, dense plug of mucus



Plug prevents passage of sperm into cervix and protects body from infection

Sperm cells kept out in vagina quickly become incapable of fertilizing ovum and destroyed by surrounding cells

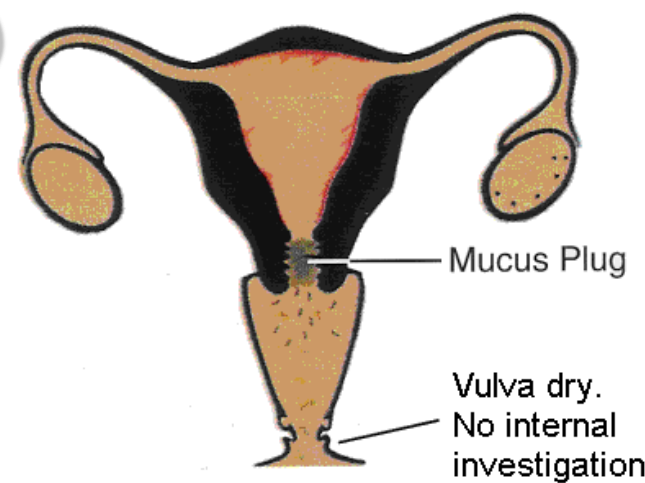


The ovaries are quiescent

Nothing leaving the cervix, vulva feels dry

BASIC INFERTILE PATTERN (BIP)

UNCHANGING PATTERN - DRY



wet	wet	wet	sticky	dry	dry	dry	dry	dry	dry				
•	•	•	•	•• • ••									

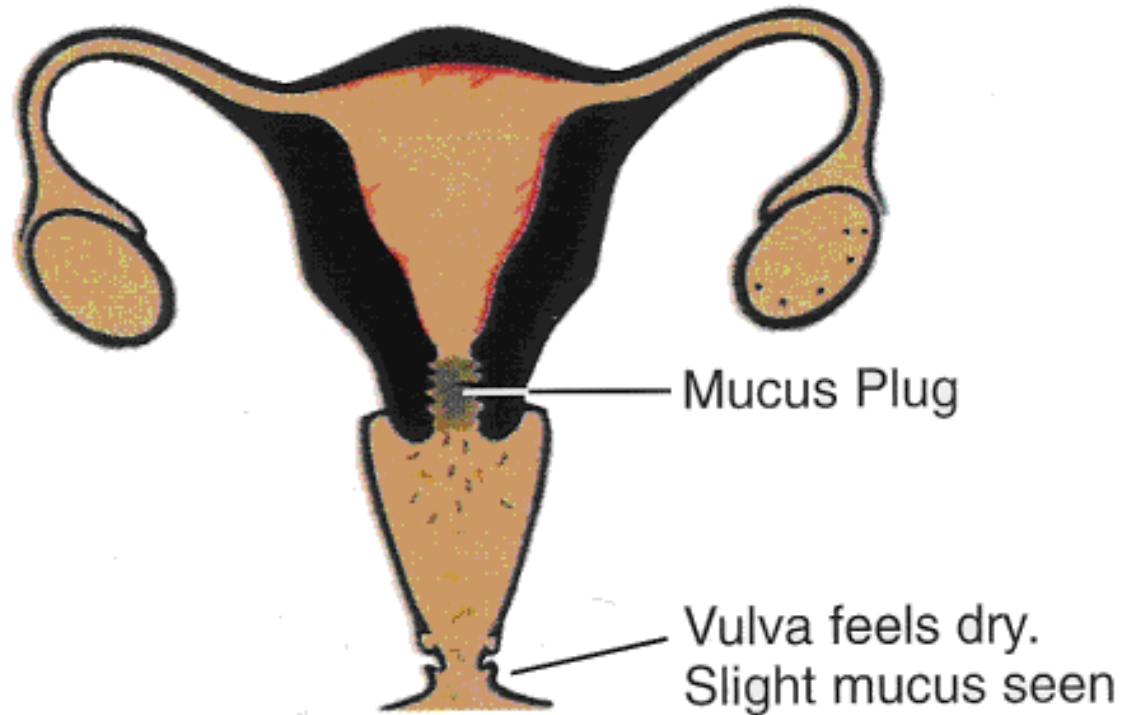
DRY - nothing is felt, nothing is seen

Recorded with a plain green stamp or the symbol |

An unchanging pattern at the vulva indicates infertility.

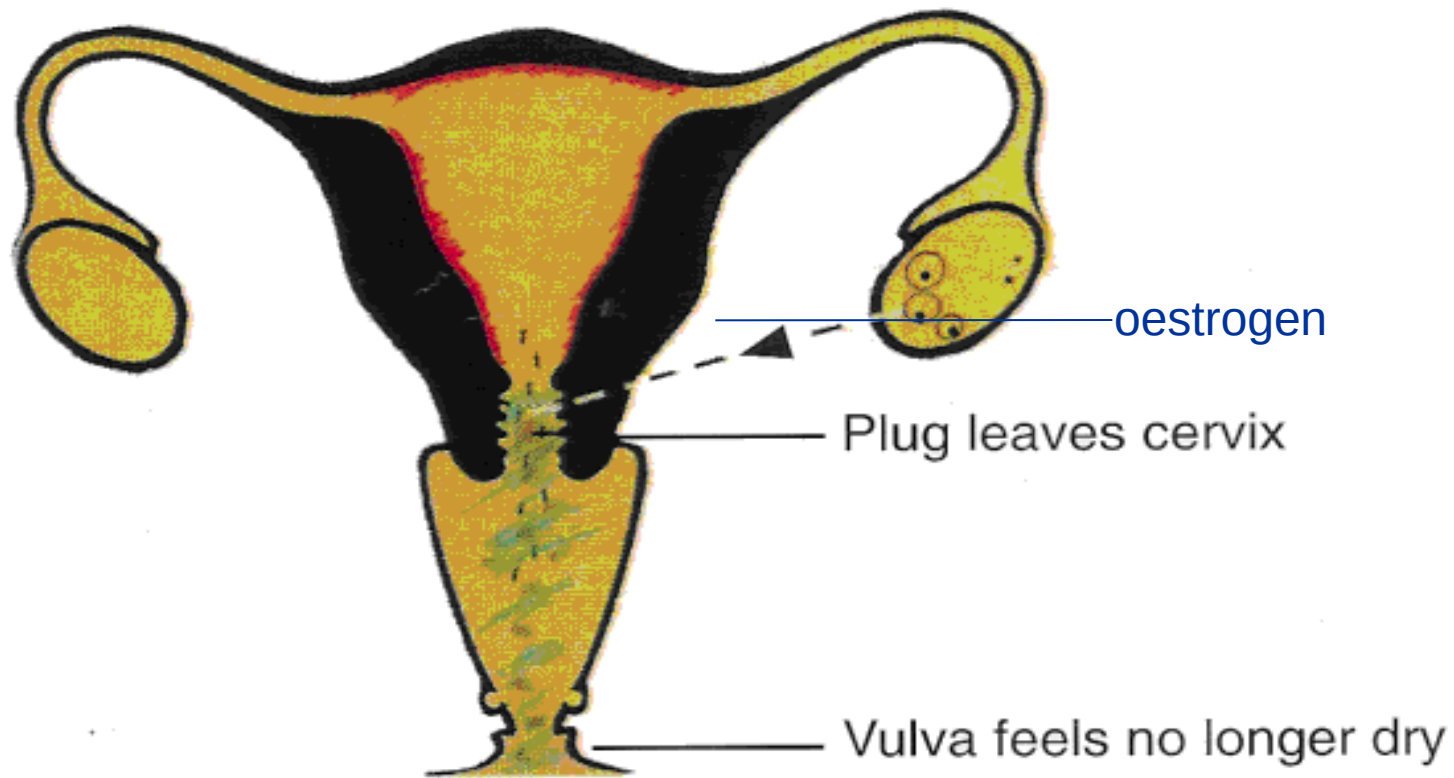
BASIC INFERTILE PATTERN (BIP)

UNCHANGING PATTERN - DISCHARGE



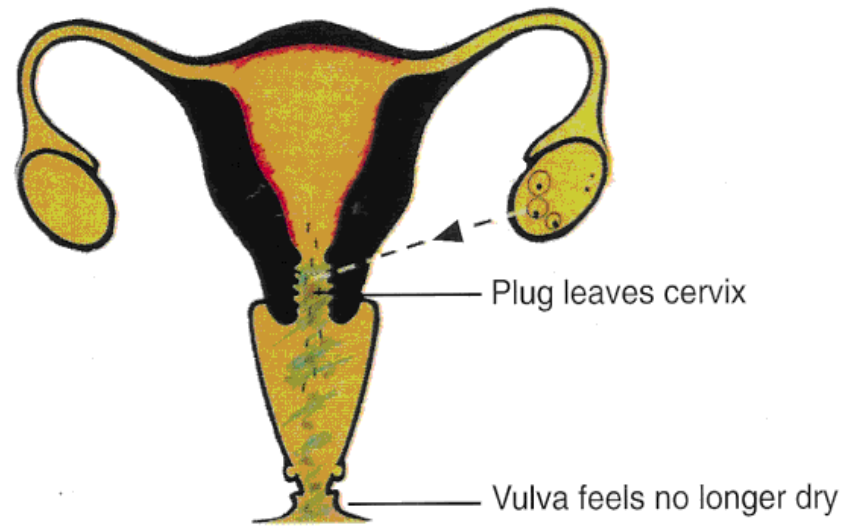
Discharge remains same day after day, cycle after cycle

Small fragments breaking off lower part of plug results in discharge



Ovaries are active and are producing oestrogen

Cervix is stimulated – fluid mucus is produced, this frees the plug, sperm can now enter cervix

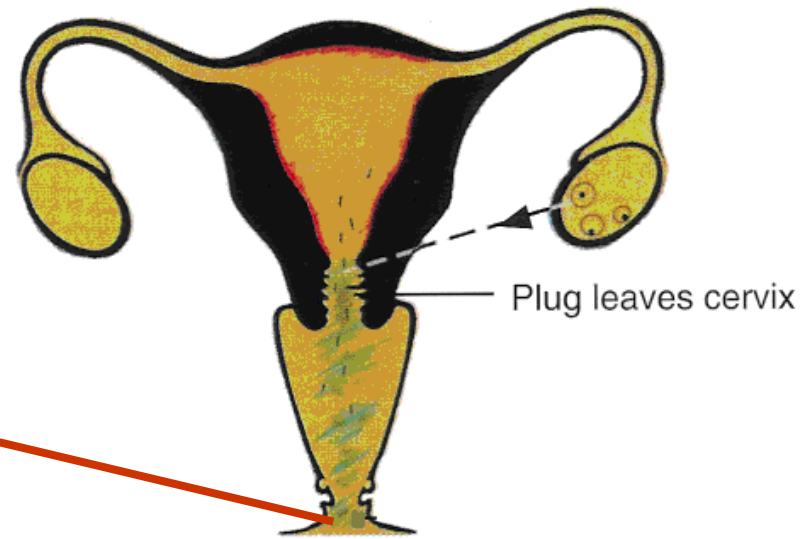


				• •									
wet	wet	wet	sticky	dry	dry	dry	dry	dry	dry	sticky cloudy			
•	•	•	•	• •						O			

Change in sensation – no longer dry

Recorded with white baby stamp or symbol O

Change in vulval sensation or appearance of mucus



			• •										
wet	wet	wet	dry slight mucus	dry slight mucus	dry slight mucus	dry slight mucus	dry slight mucus	moist cloudy					
•	•	•	• •	=	=	=	=	O					

Ovaries are active and are producing oestrogen

Cervix is stimulated – fluid mucus is produced, this frees the plug, sperm can now enter cervix

CHANGING PATTERN OF FERTILITY

																					
wet	wet	wet	sticky	dry	dry	dry	dry	dry	dry	sticky cloudy	wet clear	slippery clear	slippery clear strings	slippery	slippery						
•	•	•	•	•• ••						○	○	○	○	○	○						

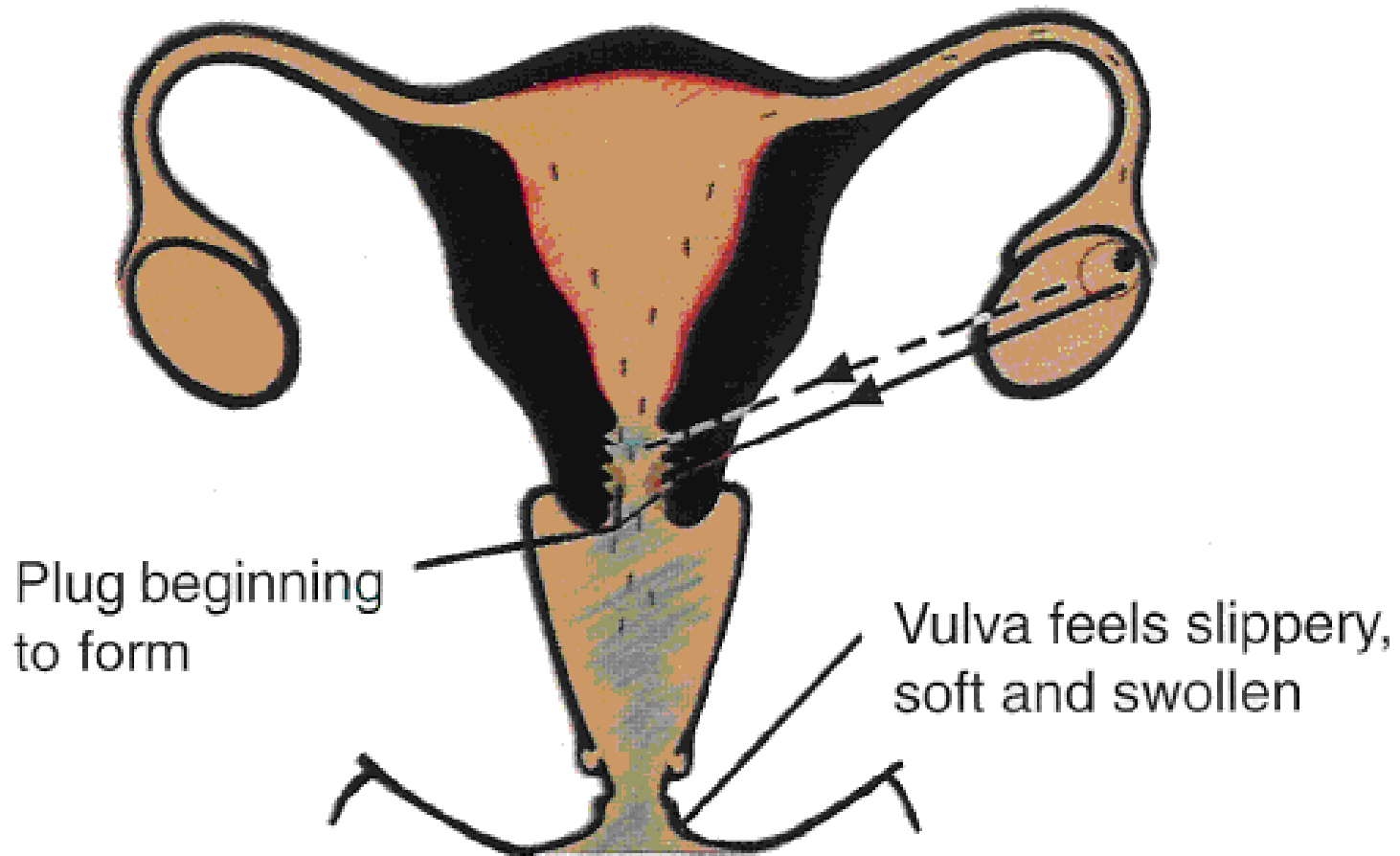
Changing pattern of fertility

Ovaries producing greater amounts of oestrogen

Mucus progressively changing to a wet, slippery sensation

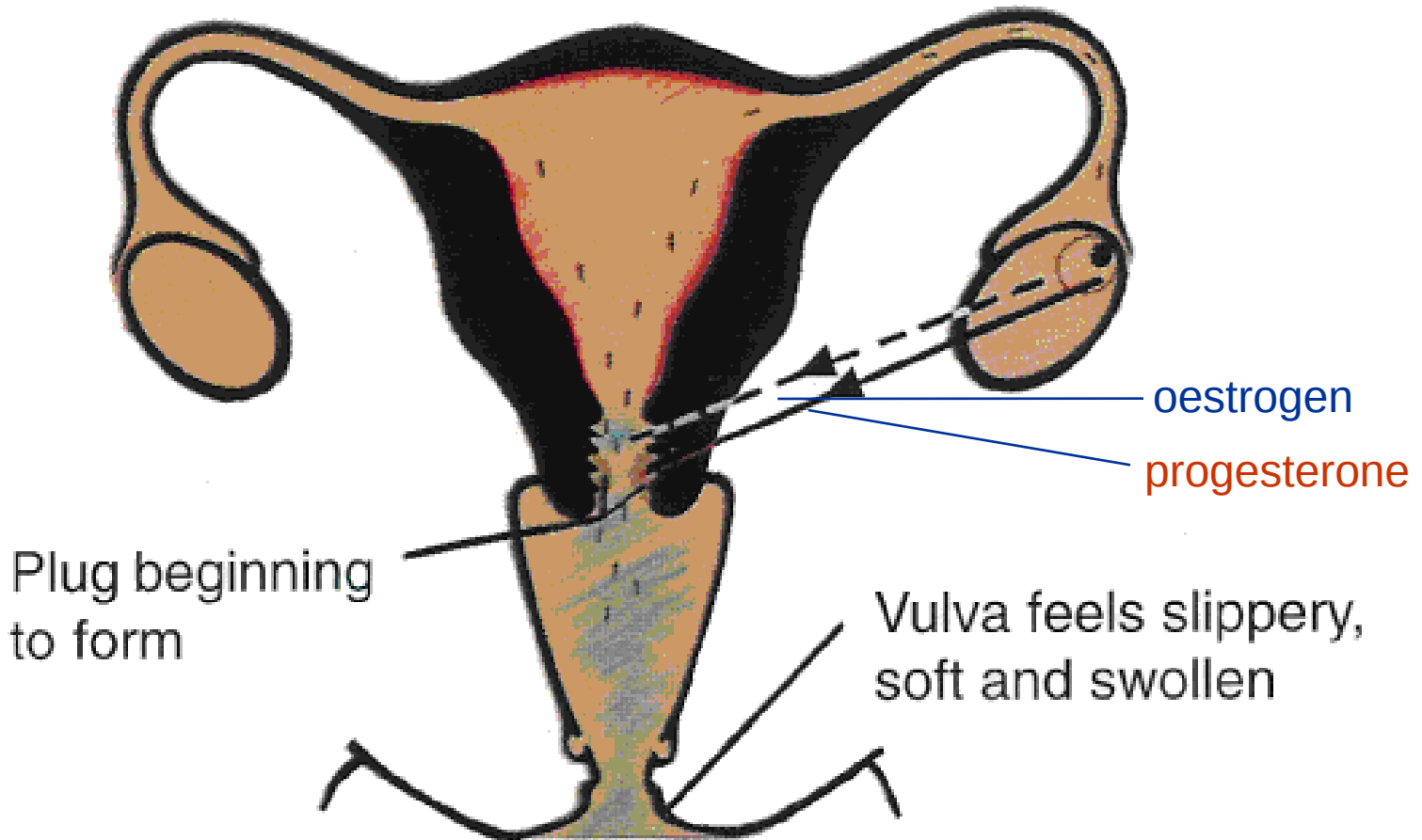
Clear strings of mucus may be noticed

THE PEAK



- the last day of the slippery sensation
- associated with increased sensitivity and with swelling of the vulva

THE PEAK



The ovary is now producing progesterone, preparing follicle to shed ovum (ovulation)

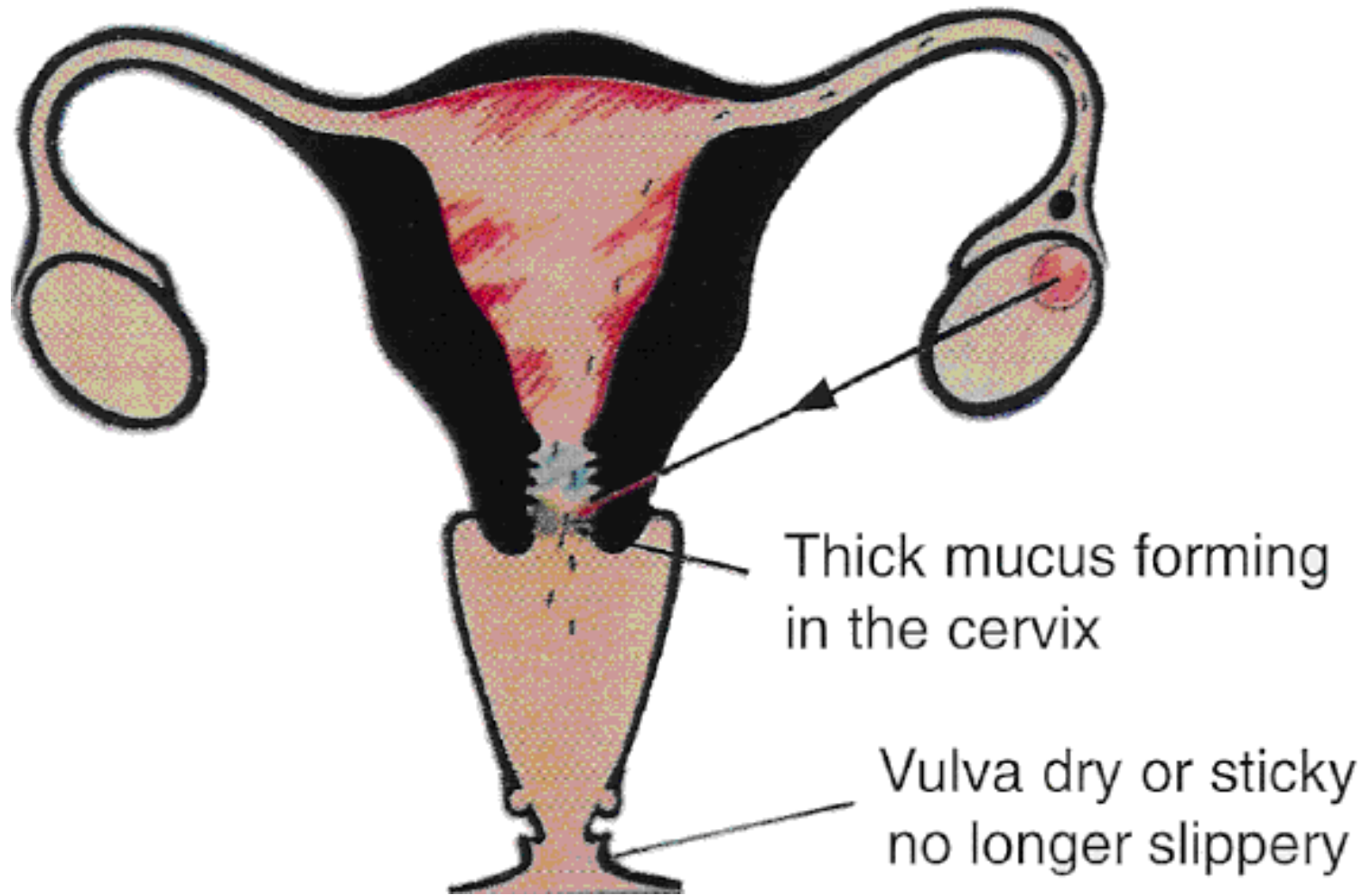
RECOGNISING THE PEAK

wet	wet	wet	sticky	dry	dry	dry	dry	dry	dry	dry	dry	dry	dry	dry	dry	dry	dry	dry	dry	dry
•	•	•	•	••																

Peak is recognised on the day of change

No longer any lubricative sensation at the vulva

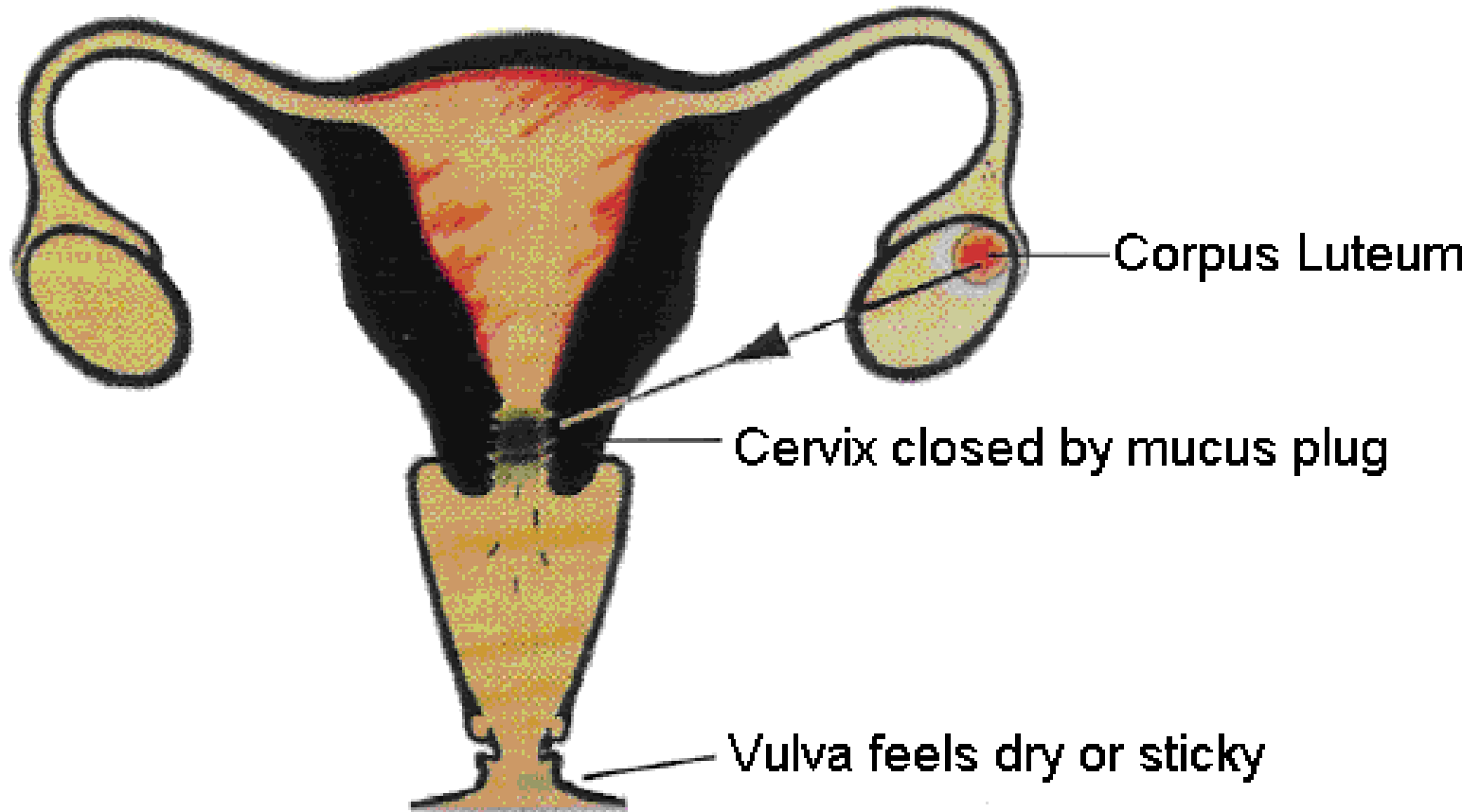
Peak is marked with a cross on the record



Ovulation occurs on Peak day or days 1 or 2 after Peak

The ovum can live for up to 24 hours

THE LUTEAL PHASE

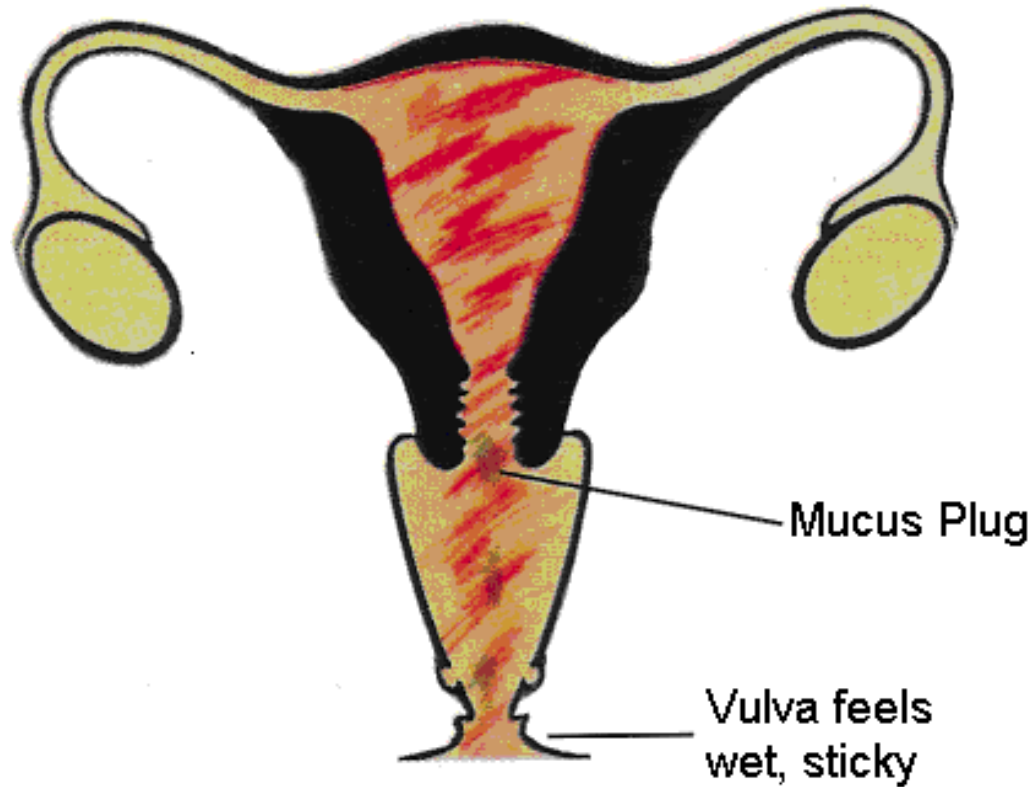


From the fourth day past Peak, cervix is closed

Sperm cannot enter

If not fertilized, the egg will have disintegrated

MENSTRUATION



Occurs 11-16 days after ovulation

Plug has left the cervix allowing flow of blood

Start of next cycle

The Rules of the Billings Ovulation Method

Using the slide rule

Delayed ovulation and an unchanging pattern of infertility

- Perimenopausal women
- Breastfeeding/weaning
- Menarche
- Some women coming off contraception, including long term progestogen contraception (mini pill, depo provera, implants)
- Stress
- Athletes, ballerinas
- Women with a low or high BMI
- Women with PCOS

Helping the Sub-Fertile Couple

Women can conceive on a single day of change of her cervical mucus symptom.

The purpose of the Billings Ovulation Method™ in assisting sub fertile couples is to teach the woman how to observe her pattern of fertility at the vulva, and to be alert to occasional signals of ovulation.

Use of the Billings Method to achieve pregnancy:

- Accurate recording each night of cervical mucus symptom experienced during the day
- Alternate nights of an unchanging pattern, available for intercourse
- Abstain from intercourse when a change in symptom is noticed. Wait until the sensation at the vulva is slippery. Intercourse recommended over the time of slippery sensation and for one or two days after slippery sensation disappears
- In the absence of a changing developing pattern of cervical mucus use any day of change in the cervical mucus symptom for intercourse.

Billings Ovulation Method™

Benefits

- Accurate, scientific, simple method of regulating fertility
- Increases knowledge, understanding and respect for fertility
- Joint responsibility
- Does no harm
- Develops couple communication and relationships

WOOMB New Zealand

↙
(World Organisation Ovulation Method Billings)



Dr Catherine Black with Dr Evelyn Billings May 2009

Resources for the Billings Ovulation Method™

www.thebillingsovulationmethod.org

www.woombinternational.org

www.fertilitypinpoint.com

www.nfpcharting.com

Telephone: 0800 NZ FERTILITY