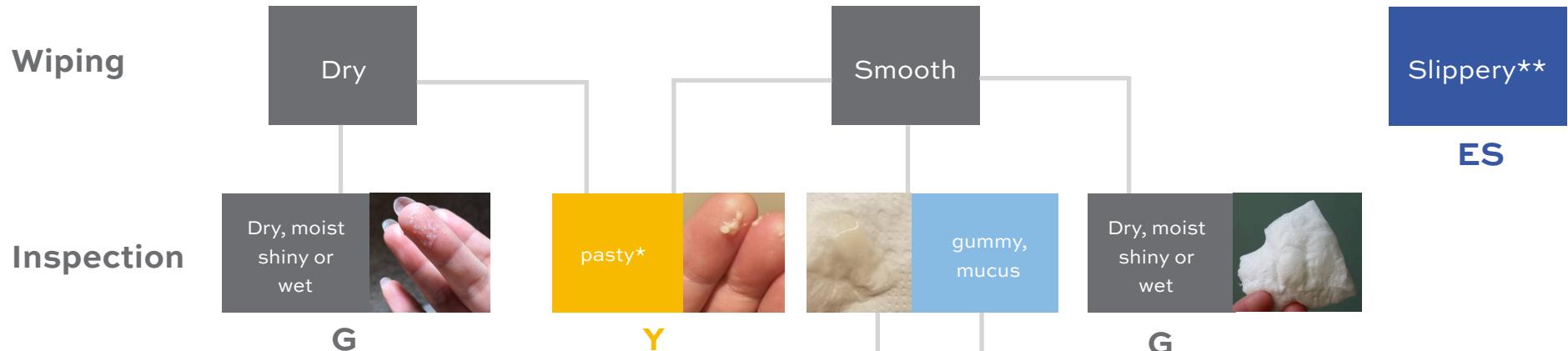
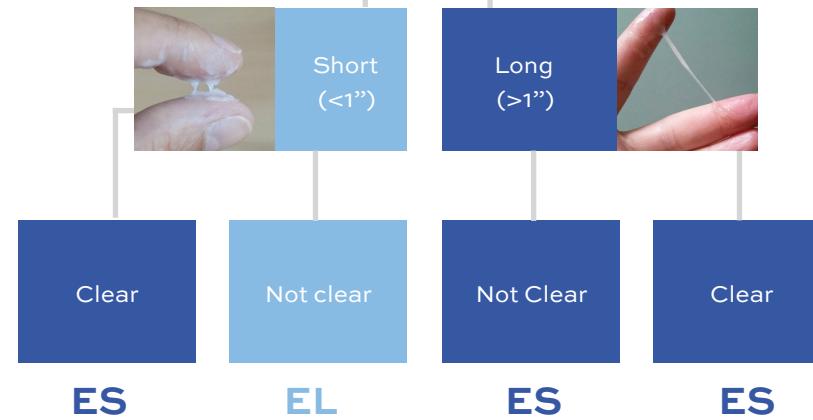


Wiping



Inspection

Finger Test



***NOTE:** Pasty (sticky) observations with no stretch in FEMM are considered fertile until proven to be a basic infertile pattern. Record pasty observations with a yellow stamp until instructed otherwise. Follow family planning instructions for yellow stamp days.

******Any observation that is experienced with a slippery or lubricative sensation when wiping is automatically considered a fertile observation and recorded as ES.

Chart Neo has categories of mucus observations that are more specific than FEMM. Here is a short description of the app categories and how to properly use the observation recordings. Using the app allows women to categorize their mucus observations in a more specific manner:



Pasty (considered fertile until proven otherwise): Pasty observations may appear cream colored or slightly yellow. This observation has the consistency of thick flour paste and is often seen *in small amounts*.



Pasty observations that do not have any stretch or feeling of lubrication (slippery) are not considered fertile in the app. However, we will consider all pasty observations “fertile” until proven otherwise. Manually select a **yellow stamp**. Fertile, EL-type mucus is distinct from pasty in that it typically has a higher water content with a small amount of stretch (1/4” or more), and be more abundant.



Wet (may be fertile, not a frequent observation): If you wipe before urination and feel a slippery sensation but see only wetness on the paper, this is considered fertile (ES due to “slippery sensation”).

What you might see with “wet”: very wet tissue after wiping, before urination. It might have a glare to it. There won’t be anything to finger test. If there is no sensation of slippery when wiping, a wet observation is considered a G observation (infertile).



Gummy (fertile observation, not a frequent observation): Gummy mucus is obvious. It is very thick in consistency, similar to half dried rubber cement or glue. Yellow discoloration may or may not be present.

It is often associated with inflammation of the cervix. It is considered a fertile observation until proven otherwise. **A pattern of both gummy and wet observations may indicate medical follow-up.**