

Cervical Fluid

Cervical Fluid (CF) Functions:

1. CF provides nourishment for sperm by decreasing the vagina's acidity. CF nourishes sperm inside the crypts until ovulation.
2. Sperm survives only 30 minutes – 4 hours in an acidic vagina that contains infertile mucus or is dry.
3. CF filters out abnormal sperm.
4. CF carries sperm up through the uterus and fallopian tube for possible conception.

Cervical Fluid – How to track it

When going to the bathroom, before urination, insert one or two clean fingers (have short finger nails) into the vagina, get sample, then pat fingers. Look for sensation, color, and consistency. Describe sample on your chart. This should be done two to three times per day and before intercourse. If you forget to check one day, record that fact and consider that day as fertile.

Caution: If you have a yeast infection, fertility can be decreased as it makes the cervical fluid curdy, stiff, and inhospitable to sperm.

Terms to Describe Cervical Fluid

Fertile Cervical Fluid: Wet, creamy, slippery, lubricative, milky, runny, slippery, stretchy, clear, opaque, white.

Infertile Cervical Fluid: Dry, sticky, tacky, flaky, gummy, clumpy, lotion-like.

Cervical Fluid: Rules to Enhance Pregnancy

1. Start having unprotected intercourse as soon as CF is noticeable which can be up to five days before actual ovulation.
2. You should have intercourse every day or every other day until 2 days **after** ovulation.

Cervical Fluid – Other Tidbits

1. Clomid, NSAID's, and anti-histamines will dry up CF.
2. A yeast infection will blur a woman's CF reading.
3. SSRI's can dry up CF or can promote CF.
4. CF is different from arousal fluid and should not be confused with seminal fluid or ejaculate after intercourse.
5. Women on birth control pills will not have cervical fluid unless their prescription is weak.

Cervical Fluid Enhancers

1. Guaifenesin tablets can dilute and alkalize CF. This can be taken 5 days before ovulation and until shortly after ovulation.
2. FertileCM can be obtained at www.fertilecm.com.
3. Raw egg white. Egg must be room temperature. Do not use any cracked eggs. Separate yolk from egg white. Use a 3cc injection. Cut off the tip and draw up the egg white. Insert into vagina before intercourse.
4. Chinese herbal yin tonics (prescribed by a licensed acupuncturist).
5. Vitamin C, evening primrose oil (GLA) during follicular phase, and grapeseed extract.