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## **ABSTRACTS**

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## Session 3

# NATURAL FAMILY PLANNING

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## 22 LADYCOMP AS AN AID IN NATURAL FAMILY PLANNING

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The computer thermometer Babycomp (Fertilität. 1992;8:66-76) has been changed modifying the algorithm for evaluation of the daily basal body temperature measurements and is now called Ladycomp. It is a device which helps the woman to determine the fertile and infertile phases of the menstrual cycle.

### Methods

In 15 cycles the time of ovulation was estimated using urinary LH measurements and ultrasound monitoring of maximum follicular diameter as reference methods to detect the ovulation. We defined the fertile period of a cycle from day -5 to day +1 related to the ovulation (day 0). The information of the Ladycomp was compared with the fertile period determined by the reference methods.

### Results

In 15 cycles (cycle length between 25 and 35 days) the average duration of the fertile period was  $11.1 \pm 3$  days (min 9 days, max 19 days [first cycle of use]). A temperature shift was found in each cycle. In 8 cycles (53.3%) it showed the beginning of the fertile time on day -5 to -7, in 4 cycles on day -8 or -9, and in 3 cycles prior to day -9 (ovulation = day 0). It recognized the end of the fertile time in 8 (53.3%) cases 24-48 hours after the ovulation, in 5 cases 3-5 days later and in 2 cases after more than 5 days after ovulation.

### Conclusions

The new Ladycomp is rather successful in locating the end of the fertile phase. It requests a long abstinence at the beginning of the cycle, although this sometimes may not be necessary.