



Use of Post-Peak Yellow Stamps

Women who have post-Peak Peak-type and non-Peak-type mucus may be candidates for post-Peak yellow stamps:

- **Post-Peak infertility is based on the fact that ovulation has passed**
- **Must have at least one cycle of good observations and charting**
- **Must have mucus in the post-Peak phase**
- **Must have confident identification of the Peak Day**
 - **This includes asking the “double” Peak question on Peak +3**
- **Can be used for either Peak-type or non-Peak-type mucus**

THEN:

- Your practitioner may give you instructions for use of yellow stamps for mucus days post-Peak.
- Do not use yellow stamps until your practitioner gives you special yellow stamp instructions.
- Do not use yellow stamps pre-Peak with this protocol; this is for post-Peak use only.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35						
H	H	M	L _{2AD}	L _{0AD}	0AD	0AD	G ₀ x1	G ₁ x2	BC _G x1	BK x1	10CG x1	10GK x2	10AK x1	BC x2	0AD	H ₁₂	G ₁ x1	BC x2	0AD	BGY x1	2AD	BGY x1	2AD	BC x1	BC x2	BC x2														
M	H	L _{2AD}	VL _{0AD}	0AD	0AD	2AD	G ₁ x1	BC x1	10CG x1	10GK x2	10KL x2	10AK x1	H ₁₂	BC x1	BC x2	BCG x1	BGY x1	BC x1	G ₁ x1	G ₁ x1	BC x2	BC x2	4AD	BC x1	0AD	G ₁ x1	BC x1													

Post-Peak, non-Peak mucus shown on a CrMS chart with evolution of the use of post-Peak yellow stamps.

Post-Peak infertility is based on confident identification of the **Peak Day** and the fact that ovulation has passed and we know that it will not occur again in that cycle. Your practitioner will assist you in confidently identifying your Peak Day. This will include asking the “double” Peak questions on Peak +3.