

Case report: Patient #6

Providing clarity regarding whether bleeding is a menstrual period, breakthrough bleeding, or lochia

Patient background

29 year old female

G1P1, with a full-term delivery on February 28, 2022.

The client expressed prior hormonal imbalance, with their mother and sister having thyroid issues.

The client takes a prenatal vitamin, vitamin D, magnesium, and vitamin C.

The couple has used condoms combined with fertility awareness-based methods: BBT, cervical mucus, and cervical positions.

After the birth of their first daughter, the couple decided to learn the Marquette Method and to chart with the Mira monitor.



Patient situation

The client began testing with Mira on 04/08/22 when her baby was 1 month and 11 days old.

The client tested with Mira Fertility Plus Wands (E3G and LH).

From 04/18/22–05/26/22 the client experienced bleeding varying between 1 (spotting) and 3 (moderate) in bleeding quality.



Cycle 0 chart

Cycle 0

when reach peak (LH surge) contact me!



Bleeding: 4 = heavy 3 = moderate 2 = light 1 = spotting

Monitor/Mucus: L = low H = high P = peak

OPK: N = negative P = positive

Intercourse: I = sex

Bleeding: 4 = heavy 3 = moderate 2 = light 1 = spotting

Monitor/Mucus: L = low H = high P = peak

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Intercourse: I = sex

Cycle	0					Start date					4/8/2022					Couple intention:									
	End date					Avoid					✓					Achieve									
Day	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
Date	4/8	4/9	4/10	4/11	4/12	4/13	4/14	4/15	4/16	4/17	4/18	4/19	4/20	4/21	4/22	4/24	4/25	4/26	4/27	4/28	4/29	4/30	5/1	5/2	5/3
Bleeding											1	2	3	3	3	2	2	1	1		1	2	1	1	1
E3G (ng/ml)	95.8	99.4	48.2	41.2	12.1	234.7	230.6	304.9	67.8		68.9	57.8	17.9	58.8	54.7		44.7	60	75.7	62.7	63.4	72.3		59.2	72.5
LH (mIU/ml)	1.3	2	1.7	1.9	3	1.1	1.4	2	1.6		2.3	2	2.1	1.9	1.4		1	1.4	3.1	2.3	2.2	2.1		3.3	3.3
Fertile/Infer.	I	F	F	F	F	F	F	F	F	F	F	I	I	I	I	F	F	I	I	I	I	I	F	F	I
PdG																									
Intercourse					I					I					I				I			I			



Cycle 0 chart continued

26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5/4	5/5	5/6	5/7	5/8	5/9	5/10	5/11	5/12	5/13	5/14	5/15	5/16	5/17	5/18	5/19	5/20
1	2	2	2	2	1	1	1	1	1	1	1	1	1	1	2	2
44.3	89.1	79.4	65.9	68.9	62.6		65.4	74.4	54.4	82.8	103.6	65.4	69.4	81.2		87.2
5.1	3.2	<1	4.6	4.2	3.9		4.2	4.2	4.1	3.6	3.1	4	3.7	4.6		4.2
I	I	I	I	I	I	F	F	I	I	I	I	I	I	I	F	F
I		I							I		I					



First peak and period in cycle 0



Cycle 0

when reach peak (LH surge) contact me!

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Monitor/Mucus: L = low H = high P = peak OPK: N = negative P = positive Intercourse: I = sex

Cycle	0						Couple intention:																		Notes:				
	Start date						Avoid																						
Day	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				
Date	20	21	22	23	24	5/25	5/26	5/27	5/28	5/29	5/30	5/31	6/1	6/2	6/3	6/4	6/5	6/6	6/7	6/8	6/9	6/10	6/11	6/12	6/13				
Bleeding	3	3	3	3	2	2	1																2	3	4	4			
E3G (ng/ml)			96.9	99					209.8	198.9	127.3	150.9	206.1	387.6	354	400.4	147.4	103.1	164.2	93.2			113.2	137.9	130.5	118.6			
LH (mIU/ml)			3.8	5					2.5	3.2	1.7	3	5.8	34.8	3.5	2.5	1	1	1	1			1.8	1	2.5	1			
PdG		F	F	I	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	F	I	I			
Intercourse	I	I	I																										

6/2/22
LH surge: 34.8

6/11/2022
First menstrual period



Patient Outcome

The quantitative E3G measurements provided sufficient warning of approaching ovulation in Cycle 0 to avoid pregnancy.

The quantitative measurements helped determine that the days of bleeding prior to the LH surge were not a menstrual period.



“The main thing I appreciate about Mira and the Marquette Method specifically was the knowledge it gave me about how my own body works. The pros of Mira are that it is effective and it helps you understand your own body (I like that it gives specific numbers).”

The Patient

