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BOSTON CROSS CHECK

Postpartum- Stage 1

bostoncrosscheck.com

KEY

Bleeding and Fluid

(B) = spotting- can be brown, pink, or red

B1 = light flow, B2 = moderate flow, B3 = heavy flow

D = dry, no fluid

M = moist/sticky, pasty, creamy

W = slippery/wet, clear, slightly stretchy, stretchy, watery

Fertility Monitor

blank = no test

L = low reading

H = high reading

P = peak reading

LH or Proov Test

(-) = negative result

(+) = positive result

Cervix

L = low or lowering

H = high or rising