

WHEN CAN I GET PREGNANT?

- Most women ovulate anywhere between Day 11 - Day 21 of their cycle, counting from the first day of the LMP (Last menstrual cycle). This is what many refer to as the "fertile time" of a woman's cycle, because sexual intercourse during this time increases the chance of pregnancy.
- The time of ovulation is one of the most important things a woman should understand about her body, since it is the determining factor in getting pregnant and preventing pregnancy

Common Signs of ovulation that occur in most women:

- Change in cervical fluid. Cervical fluid that resembles "egg whites" is a sign that you are near ovulation or are ovulating. Every woman can experience her own type of cervical fluid, and not all cervical fluid looks the same. Ovulation usually takes place on the day a woman has the most amount of wet fluid.
- Change in basal body temperature. For most women, you will see that prior to ovulation; the basal body temperature is rather consistent. As you get closer to ovulation, you may have a slight decline, but it will be followed by a sharp increase after ovulation. The increase in temperature is the sign that ovulation has just occurred. Tracking your basal body temperature accurately over a few months can help you predict when ovulation is going to occur.
- Please be careful and plan ahead before engaging in sexual activity. SHS will assist you with birth control and condoms to help prevent an unwanted pregnancy. Please stop by!
- Be aware of your body!!

