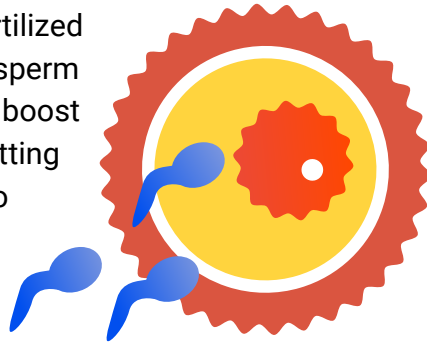


Ovulation 101

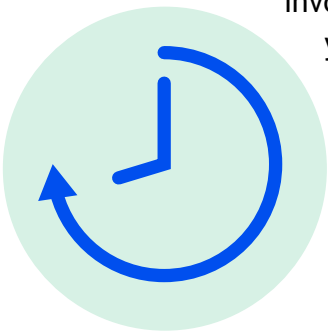
The Basics

Your body usually releases one egg each month in a process called ovulation. The egg needs to be fertilized pretty quickly (i.e., sperm enters the egg). To boost your chances of getting pregnant, it helps to know when you're ovulating. Then you'll know when the 'magic' should happen - whatever that magic may be.



Monitoring Ovulation

There are several ways to monitor ovulation. Some involve watching for changes in your body and some involve using things like calendars and phone apps. You decide what option will be best for you.



1. Mark Your Calendar

Make a note of the first day of your period.

Ovulation is usually 14 days before the first day of your next period. So if your cycle is exactly 28 days, you will be ovulating 14 days after the first day of your last period; if your cycle is 30 days, you will be ovulating 16 days after the first day your last period; if your cycle is 27



days, you will be ovulating 13 days after the first day your last period and so on.

2. Watch for Changes

Track your temperature every day before you get out of bed. This reading is known as your **basal body temperature**. If you keep a record over a few months, you may notice a pattern of when your temperature goes up (by just 0.5). That is when you are ovulating.



Hormones also **change the texture of the sticky fluid that comes from your cervix**. As your body gets ready to ovulate, you have more of it, and it feels more stretchy and sticky or slippery, like raw egg whites. When your mucus feels like this, you should be close to ovulating.

3. Ovulation Predictor Sticks

- These sticks test your urine to measure a hormone (LH) which goes up in the 24 to 36 hours before you ovulate.
- Buy 10 from the drug or dollar store. Start testing a few days before you think you might ovulate (around 10 – 12 days after your period started), then repeat daily until you get a positive test. When your LH levels are highest, you're about to ovulate and this is the best time to try and conceive.
- You want to do it in the morning because that is when the hormones are highest. Follow the instructions that come with the specific stick/kit about how to understand the results of the test.



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Canadian HIV Pregnancy Planning Guidelines

Other Things to Know

If you have a regular cycle and wish to conceive, having sex without a condom every other day from day 12 to 18 from the first day of your last period is advised.

If your period is irregular, doctors say it's best to have sex at least every other day about 10 days into your cycle for about 10 days (this covers cycles that are 24 days to 34 days).

Apps are great

Tracking your ovulation using apps on your smartphone is super easy. Check out Flo and Ovia or search for an app that works for you.

What are you waiting for? Get Monitoring! PS-And don't forget to take your folic acid.

For more information on how to track your ovulation visit www.pregnancyinfo.ca/before-you-conceive/

