Want to Get Pregnant?

What's Common and When to Ask for Help

A menstrual cycle begins with the first day of a period – the shedding of the uterine lining – and continues through different phases until the start of the next period. Menstrual cycle length is unique for every woman and can range from 21-35 days. For an individual woman, cycle length can even differ by a few days every month.

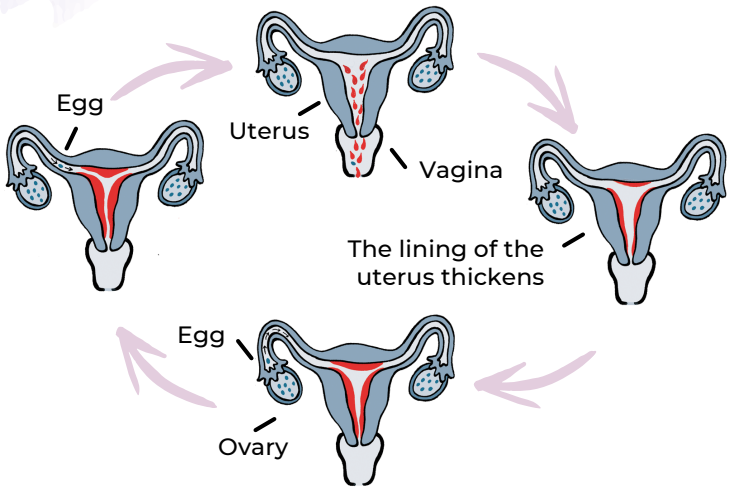
There are 4 phases during a cycle:

Estimated days of each phase may vary

Phase 1 Menstrual

Day 1-7

Starts with 1st day of period. Lasts as long as bleeding continues, usually 3-7 days.



Phase 2 Follicular

Day 7-14

The hormone estrogen rises, telling the ovaries to develop and release an egg so that it can be fertilized. The lining of the uterus thickens, and the cervix makes clear, slippery fluid that women may notice when wiping.

Phase 3 Ovulation

Around Day 14

The ovaries release an egg. The egg will travel from the ovary, through the fallopian tube, to the uterus. The days leading up to ovulation are the time when pregnancy can occur.

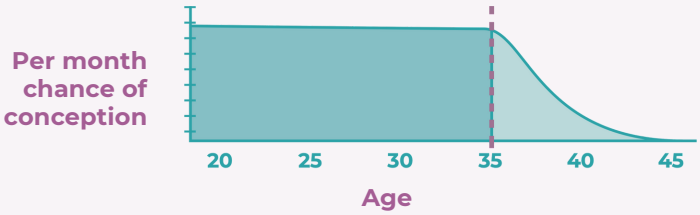
Phase 4 Luteal

Day 15-End of cycle

The hormone progesterone rises, telling the ovaries to stop releasing eggs and telling the uterus to prepare for pregnancy. Unless an egg was fertilized, progesterone will drop before the next period begins.

Most women ovulate between the 13th-20th day of their cycle. This can vary from month to month.

Most women will start their period 11-17 days after they ovulate if they are not pregnant.



Women have the highest chance of getting pregnant when they're under 30 years old. While many women get pregnant in their 30s and 40s, the odds of getting pregnant sharply decline after age 35.

how can I tell if I'm ovulating?

Most women with predictable, regular monthly cycles are ovulating. Some ways to confirm that you are ovulating include using over-the-counter ovulation predictor kits (OPK) or learning a fertility awareness-based method that tracks basal body temperature (BBT) or cervical fluid patterns

how often should we have intercourse?

You may want to aim for every 1-2 days during the fertile window (the 6 days leading up to and including the day of ovulation).

What if I'm having a hard time getting or staying pregnant?

You are not alone. You matter.

This is something that is common that a lot of people don't talk about.

1 in 8 women have trouble getting or staying pregnant.

It is best to talk with a health care provider if you:

- Are under 35 and have had unprotected sex for 12 months (6 months if you're 35 or older) with no pregnancies
- Have had 2 or more miscarriages
- Have ever been diagnosed with a condition that could affect your hormones or reproductive system
- Have painful or irregular periods

Provider Notes:

Learn more about your cycle and get resources at ShowYourLoveToday.com/Knowledge

Show Your Love Preconception Health

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