



Ovulation Prediction

An excerpt from: www.scisexualhealth.ca/female-fertility-and-pregnancy

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What is ovulation?

Ovulation is the part of a woman's menstrual cycle when she is most fertile. A hormone called Leutenizing hormone (LH) surges causing a mature follicle (egg) to be released from the ovary.

Ovulation symptoms include:

- The presence of cervical mucus or vaginal discharge that is thinner, stretchy and clearer than normal. This discharge has the same consistency as a raw egg white.
- Breast tenderness
- Abdominal bloating
- A cramp or a twinge on one side of the abdomen
- Light spotting

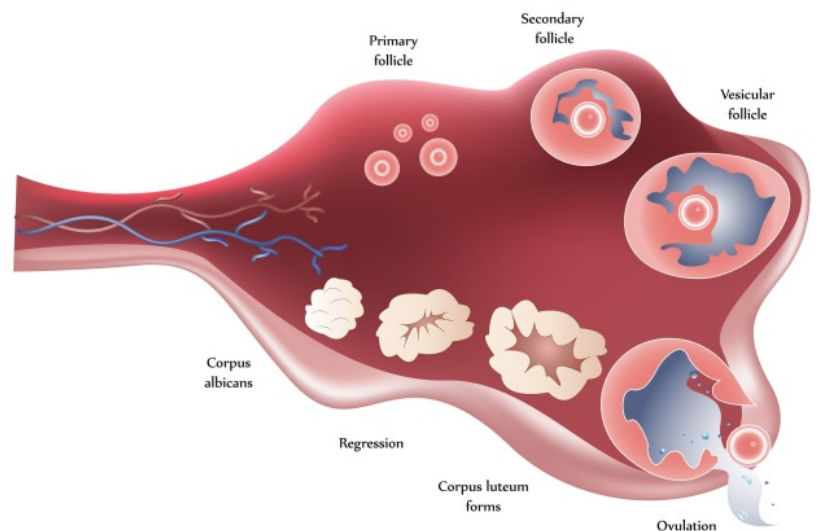


Image: babyresource.com/getting-pregnant/boost-your-chances/ovulation-pills-fertility-drugs-for-women/

When does ovulation occur?

Ovulation typically occurs 14 days before your next period. i.e. if your cycles are 28 days, ovulation would happen on or around day 14.

How can I predict ovulation?

The key to ovulation prediction is to understand your cycle. Menstrual cycles are calculated from day 1 (the first day of bleeding) to the following day 1.

Menstrual cycles can range from 21 days to 45 days in length.

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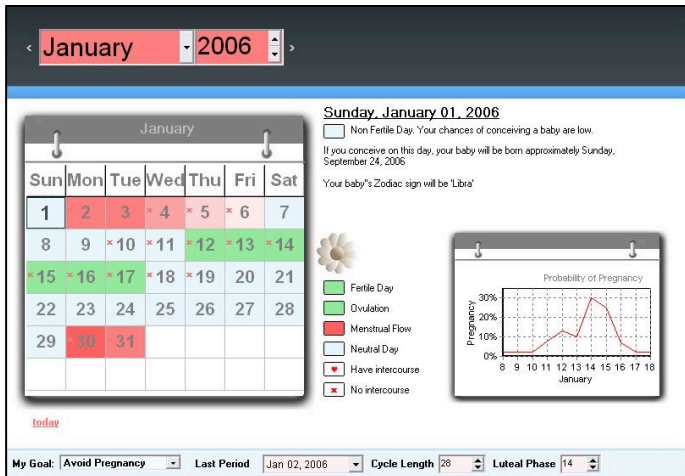


Image: <http://blog.mindupdate.org/images/menstrual-cycle-ovulation-calendar>

Since not everyone has 28 day cycles, here are some tips for ovulation prediction:

- It is recommended that you track your cycles for a few months to get an idea on average how long your cycles are.
- On the same calendar, also make note of any ovulation signs you notice during the month (see list above)

Once you have figured out the length of your cycles on average, you can start predicting. To do this:

- Start on day 1 (the first day of your period)
- Count on the calendar the average number of days of your cycle i.e. 28
- Then count back 14
- Pick 2-3 days before and 2-3 days after this date to note your fertile days.

Ovulation test kits can be used during your identified fertile days to confirm ovulation. They can be found in most pharmacies and typically come in 5- and 9-day test kits. Don't forget also to monitor your body for the tell-tale signs of ovulation.

How often should I have sex during my fertile days?

You might think that every day would be ideal; however, for optimal sperm quality there should be 48 hours between ejaculations. So, once every other day is recommended.

Ovulation Prediction calendars online:

Health Link BC: <https://www.healthlinkbc.ca/health-topics/tn9893>

WebMD: <https://www.webmd.com/baby/healthtool-ovulation-calculator>

WomensHealth.gov: <https://www.womenshealth.gov/ovulation-calculator>