

How does ovulation work?

You are most likely to get pregnant about 2 weeks after your period starts.

Each month, you **ovulate** (your ovary lets go of an egg). You are most likely to get pregnant if you have sex when you ovulate.

- Ovulation usually happens about 14 days after your period starts.
- For people who do not have a regular period, ovulation may change each month.
- The best way to know when you are ovulating is to track your cycle. Use the tips below to track your cycle.

If you are trying to get pregnant, have sex the week you ovulate. Sperm can live inside your body for up to 5 days. So you can get pregnant if you have sex before you ovulate or while you ovulate.

If you are trying **not** to get pregnant, don't have unprotected sex the week you ovulate, or the week before. Sperm can live inside your body for up to 5 days. So you can get pregnant if you have sex before you ovulate or while you ovulate.



How can I tell if I am ovulating?

Ovulation predictor tests tell you when you ovulate. They are urine (pee) tests. You can do them at home.



- Cost: They will be the lowest price online (around \$20 for 40 tests). You can also find them at the drug store.



Check your cervical fluid. The cervix, which is all the way inside your vagina, makes fluid all the time. Most days, the fluid is sticky or creamy. But the fluid will be clear and slippery when you ovulate. Don't have sex when you see the slippery, clear fluid. For more information, see the next page.

- Cost: Free












You can check your cervical fluid. To check your fluid:

- Make sure your hands are clean and dry.
- Find a comfortable position. You can sit, squat, or stand with one leg up. Put one finger inside of your vagina and try to get a little bit of fluid from deep inside.
- Remove your finger and look at the fluid. Press your fingers together and then slowly move them apart.
 - ◊ Sticky or creamy fluid, or not much fluid means you are less likely to get pregnant.
 - ◊ Clear and slippery fluid that looks like egg whites means that you are more likely to get pregnant.
- Don't check your fluid during sex, right after sex, or when you're feeling turned on. The fluid will be different when you are turned on. It's also easy to mix up semen for cervical fluid.



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Use a calendar to keep track of your period and cervical fluid.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 	3 	4 	5 	6 
7	8	9	10	11	12	13
14 	15 	16 	17 	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Take your temperature

- Try taking your temperature every day. Use your thermometer as you normally would (under your tongue).
- Record your temperature. You can use a calendar or an app.
- Your temperature is a little higher when you are ovulating.
- Remember: you are likely to get pregnant the few days before you ovulate too

If you have questions, talk to the doctor or health educator at your CHN center!