

How to Keep Track of Your Cycle When Trying to Conceive



Many women have a good chance of becoming pregnant between six months to a year, assuming they don't have any underlying health difficulties. However, if you want to improve your chances of getting pregnant, you need become familiar with the nuances of your monthly menstrual cycle, as determining when you ovulate is crucial to conceiving.

Because it's that specific interval when a mature egg takes sail from your ovary, ovulation is your passport to connecting your egg with sperm. You'll know when you're ovulating if you can correctly track your cycle. The 48 hours coming up to ovulation are the most fertile, and you can use that information to determine when to go to bed.

Here's all you need to know about this fascinating process, including how to track ovulation. Remember that following ovulation, you must wait until the next cycle to conceive.

How long does it take you to ovulate after your period?

If you're wondering how to tell if you're ovulating after your cycle, it's all about a little math. You'll need to know the length of your average menstrual cycle to figure out how many days following the start of your period you'll ovulate. Because the time of some women's cycles is a bit of a mystery, you may have to perform a little extra detective work to figure out when you're fertile.

If, on the other hand, your periods are as predictable as clockwork, you're in luck. Calculate the date of your period's first day and count backward 14 days. Your most fertile window will be two to three days before that day in your cycle.

Keep track of your periods to see if a pattern emerges. Perhaps you believe you are frequently late, but you simply have a long cycle (32 days or even more). You can also look for signs of ovulation, such as a change in the consistency of your cervical mucus (it should feel like egg whites) or a modest drop in your basal body temperature (your body temperature when you're entirely at rest after a night of sleep, usually taken when you first wake up).

When you track ovulation, how long does it take to get pregnant?

Women in their 20s to early 30s have a 25 to 30% chance of becoming pregnant during each monthly cycle, depending on their age and health. Even though your egg is only viable for 12 to 24 hours, these odds are quite high. This is why: Sperm can live for up to three days, and in some cases up to five days, so these little swimmers are eager to zip around while waiting to meet your egg.

Even yet, keeping an eye out for ovulation indications or using a cycle calculator won't necessarily boost your odds of success — and getting pregnant while tracking ovulation doesn't always follow a predictable pattern. Even if you can pinpoint your ovulation time, there's no assurance you'll become pregnant that month. The bottom line: Patience is required when trying to conceive.

How to find out whether you're pregnant by tracking your ovulation.

Fortunately, there are a number of ways to track ovulation so that your baby-making attempts are on time. Here's a little more information on each one you can try:

The method of using a calendar. This easy, low-cost approach of natural family planning, often known as the rhythm method, uses your menstrual history to anticipate ovulation. To utilize it, keep track of the length of your last half-dozen menstrual cycles, tally the shortest and longest, then subtract the results to find out which days are the most fertile.

Every day is the same. This method is similar to the calendar method, and it works well for people who have regular cycles of 26 to 32 days. If you have a cycle that fits within this category,

Between days 8 and 19, you'll be most fertile.

Method based on basal body temperature. You can understand your specific ovulation rhythm by tracking your basal body temperature (BBT) using a special thermometer. You'll know ovulation has occurred when your BBT drops to its lowest reading and then rises by around half a degree.

The cervical mucus method is a technique for removing mucus from the cervix. Another indicator is a change in your cervix's discharge. The mucus you feel as you get closer to ovulation will be silky, thin, and clear, and it will even stretch between your fingertips.

Kits for predicting ovulation. These handy kits are capable of measuring levels of LH, or luteinizing hormone, in your urine and are up to 80% accurate (or more in some situations).

After you pee on the test strip, look for the darker line or digital readout, depending on the kind, as LH rises and your ovary releases an egg. If you get a positive test, you'll be ovulating in the following 12 to 24 hours, therefore now is the best time to try to conceive.

Apps that track ovulation. YAY! Technology comes to the rescue! There are a variety of applications that can count down the days of your cycle and then use an algorithm to predict when you'll ovulate. Thermometers, as well as different computerized and wearable fertility monitors, are also available.

Saliva ferning is a term used to describe the process of saliva ferning. This ovulation predictor is a low-cost, reusable test that allows you to look for a leaf.

Using the kit's eyepiece, create a fern-like pattern in your saliva.

Consult a physician. If you've been trying to conceive for a year and are under the age of 35, it's time to see a doctor. When you have polycystic ovarian syndrome (PCOS), a hormonal imbalance, irregular periods or trying to detect ovulation might be difficult without professional help.