

# **Is it Possible to Get Pregnant if Having Sex Before the Ovulation**

In a normal monthly cycle, there are few days in a month when you are more likely to conceive than other days. The reason behind why the chances are high in the ovulation window is that your ovaries have released egg that can be fertilized by the sperm.

## **When am I Most Fertile?**

A woman is most likely to conceive five days before ovulation including the ovulation day. Sperm can only live for five days in your body. You can get pregnant if you have sex up to 5 days before releasing your egg. After ovulation, the egg can live only for 12 to 24 hours and after that time the chances of getting pregnant would be zero until the next menstrual cycle. Chances for pregnancy are at their peak in the three days leading up to & including the ovulation day.

## **How Can I Predict Ovulation?**

The simple answer for this question is yes, usually ovulation occurs in the middle of your menstrual cycle. You can say that 14 days before the first day of your next period in a twenty eight day cycle. But the exact ovulation time can vary. You can determine ovulation from a few symptoms like change in mucus, change in body temperature, etc. Another best way to calculate the ovulation days is to use the ovulation tracker & calculator app. By this app you will know about your next period, ovulation and most fertile days.

