

The following information will help you understand:

- The menstrual cycle and its phases
- What ovulation and your fertile window are
- Talking to your doctor and healthcare team about your fertility



FACTS ON FERTILITY AND OVULATION

Recommended for you

Facts on Fertility and Ovulation:

<https://education.webmd.com/facts-fertility-ovulation>

In this program, you will learn about the different phases of your menstrual cycles and key hormones; read about how these hormones and their levels can affect fertility; and see how understanding and tracking ovulation can help increase your chances of getting pregnant.

Your healthcare provider

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