



FERTILITY AWARENESS CALENDAR

JAN	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
FEB	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		
MAR	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
APR	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	
MAY	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
JUN	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	
JUL	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
AUG	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
SEP	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	
OCT	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
NOV	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	
DEC	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

Please mark the days of bleeding each month (X).

If you experience pain or cramps during your period, please mark that also (P).

If you realise a change of your cervical mucus, please circle those days (O).

FERTILITY FACTS

- The average for a women's cycle is 28 days. If your period is regular you are more likely to ovulate than a woman whose periods are irregular.
 - Ovulation generally occurs about two weeks before your period starts. Count back 14 days from the beginning of your period; this would be your approximately day of ovulation.
 - Assuming a 28 day cycle, your time of ovulation will be at day 14 of your cycle; or day 18 for a 32 day cycle.
 - Your cervical mucus changes during your fertile period becoming more clear and slippery - it's often described as having the appearance of raw egg whites.
 - Some women experience pain during ovulation. For some women, ovulation can accompany breast tenderness and enlargement, abdominal bloating and moodiness (PMS Premenstrual Syndrome).
 - You have a greater chance of conceiving if you time having sex one to three days before ovulation, or every two days around ovulation.
 - An egg will survive for up to 24 hours after release from the ovary, so fertilisation is possible during this period if sperm enters the uterus at this time, though it is more likely that the egg will be fertilised by sperm already in the fallopian tube.
 - While sperm can survive for up to five days in the uterus, it is most likely that they'll survive only one to three days to fertilise an egg.
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- With each menstrual cycle a normal, healthy, fertile couple has about a 20% chance of falling pregnant. On average, 70% are pregnant after 6 months, 85% after 12 months and 95% after 24 months. This percentage decreases rapidly if you are over 35 years.
 - Ask your GP for a Referral to see a Fertility Specialist if you have been trying to conceive for over 12 months (6 months if you are over 35 years).



CITY FERTILITY CENTRE

your partners in life

Our **FERTILITY AWARENESS CALENDAR** helps you predict your most fertile time of the month (ovulation) so that you can achieve pregnancy.

Trying to conceive can be, for many women, a stressful time, but learning to understand your own body's cycle and recognise signs of ovulation may help minimise some of that pressure.



OUR MISSION

To provide compassionate and exceptional care with dignity and respect to all couples and individuals.

Call 1300 354 354

Email contactus@cityfertility.com.au

Visit cityfertility.com.au

Guaranteed appointment within 10 working days
with first available specialist*

*for new infertility patient referrals.