



Trying to conceive: timing

You are most likely to conceive if you have sex in the few days before ovulation and on the day itself. Most couples conceive within a year of trying.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ My periods are regular, every 21 to 35 days
- ☐ I know roughly when I ovulate (about 14 days before my next period)
- ☐ We have sex every two to three days through the month
- ☐ I am under 35 and we have been trying for more than 12 months
- ☐ I am 35 or older and we have been trying for more than 6 months
- ☐ My periods are irregular or very painful
- ☐ I have had a pelvic infection, pelvic surgery or endometriosis
- ☐ My partner has health problems that may affect fertility
- ☐ I am taking folic acid

GET HELP NOW IF

- A positive pregnancy test with one-sided pain, shoulder-tip pain or fainting
- Heavy bleeding in early pregnancy

In clinic hours (Mon to Sat, 8:00 am to 4:00 pm) call +91 93660 92897. At any other time, call 108 or go to the nearest hospital emergency department.



CYCLE AND TIMING RECORD

Cycle start date	Cycle length (days)	Expected ovulation	Ovulation test result (if used)	Notes

BEFORE YOUR VISIT

- Note your cycle dates for the last three to six months.
- Bring any previous fertility tests for both partners.
- Your partner is welcome; both partners can be checked.
- Keep taking folic acid.

QUESTIONS YOU MAY WANT TO ASK

- Should we have tests, and which ones for each of us?
- Am I ovulating?
- When should we see a fertility specialist?

