

## **Listen To Your Body It Can Tell You When You Are Fertile!**

Some days of the month you are very fertile. Other days you aren't likely to become pregnant even if you have intercourse without birth control.

An egg can only be fertilized during the time after it has left your ovary and started down the tube toward your uterus. If an egg meets sperm while it is traveling down the tube, pregnancy can begin.

How can you tell if an egg has started its monthly journey through the tube? Your body can give you several messages. Here are some clues to tell you when you are most likely to become pregnant. You can use these clues to help plan pregnancy or to avoid pregnancy. Or just to tune in to your body.

- **Discharge Changes**

As you get close to the time an egg will leave your ovary and start down the tube, your normal discharge will change. The inside of your vagina and your vaginal opening will feel wetter than usual. Discharge will change from sticky and cloudy. It becomes slippery, clear and very stretchable. Slippery discharge last for about 3-5 days. You are very fertile!
  
- **Temperature Changes**

After an egg begins to journey down the tube your body temperature rises. If you take your temperature every morning before you get out of bed you can see the change. If your temperature rises and stays higher for three days in a row, you can become pretty sure your most fertile time is over for that month.
  
- **Pain**

Some women have a few hours of pain when the egg leaves the ovary and starts down the tubes, Watch for pain low in your abdomen, on one side or the other. You are very fertile!
  
- **Spotting**

Some women have a day or two of light bleeding when the egg's journey begins. Watch for blood or pinkish discharge. You are very fertile!

If you would like to learn more about your body's messages, ask your Nurse at Okanogan Family Planning. You need more instructions before you can use these messages exactly right! The Nurse will teach you what to do. You can get written instructions and supplies also. *Are you ready to listen to your body?*