

Female Reproductive Cycle

Luteal Phase

If fertilisation occurs cells from the ovary continue to encourage hormone production (progesterone & oestrogen) which cause the lining of the uterus to thicken further in preparation for pregnancy. On the other hand, if pregnancy does not occur the hormone production (progesterone) from the ovary drops and causes the lining of the uterus to break down and the period to commence.

Ovulation

Ovulation is when the egg is released from the ovary into the fallopian tubes, usually happening around day 14. Most likely fertile days are three days leading up to ovulation and ovulation day.

Once the egg is released from the ovary it will survive for 24 hours, eventually if the egg meets the sperm, fertilisation occurs.

Menstruation

Menstruation is known as the "period" when the uterus would shed the lining and flows out of your vagina in the form of blood. This is commonly known to last between three to seven days.

Follicular Phase

The follicular phase commences from day one till ovulation. Your body would start producing hormones (Follicle-stimulating hormone and Luteinizing hormone) to stimulate your ovaries to produce a mature egg. Additionally, around day six to 13, hormones like Oestrogen would encourage the lining of the uterus to thicken, in preparation to host the fertilised egg.

