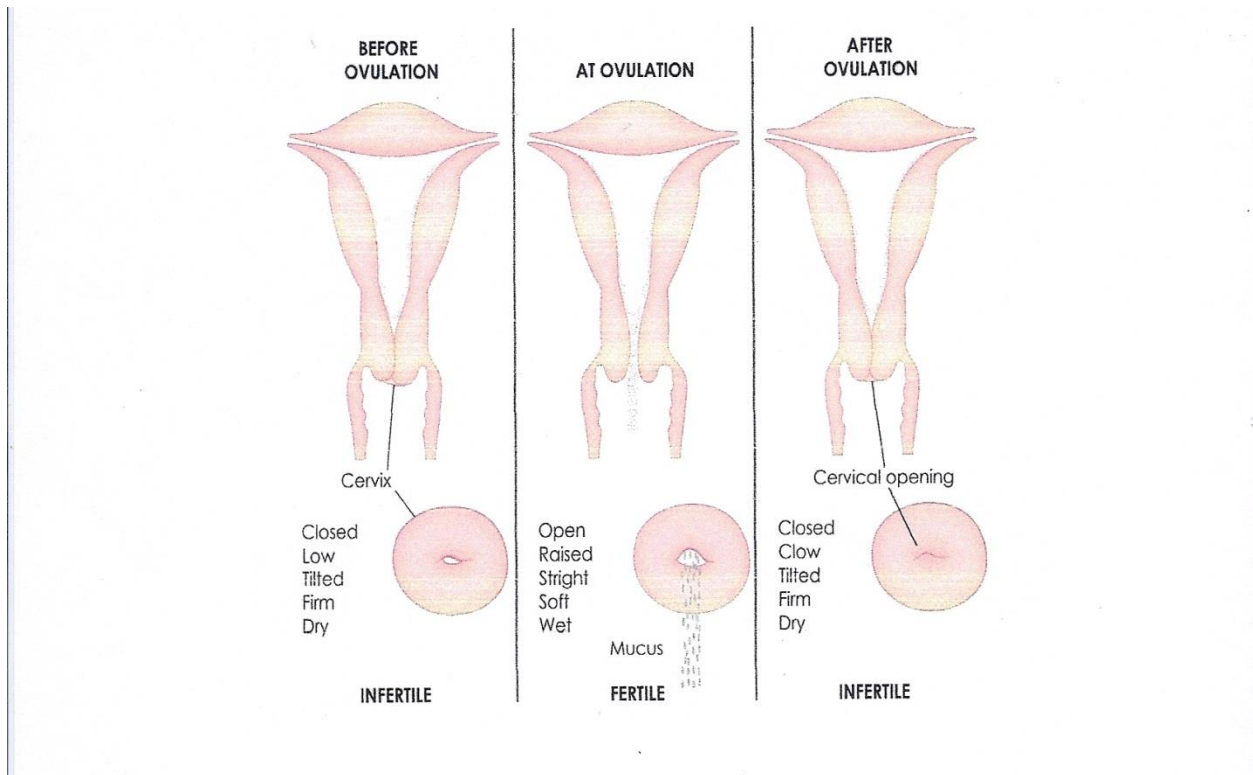


Cervical Mucus Changes

Taking note of how the cervical discharge, cervical mucus changes throughout the month, can be a good indicator as to when you ovulate and when you should try to conceive.

The texture and the consistency of cervical mucus changes throughout the month. The closer to ovulation it gets, it will change from a creamy look and texture to a clear, stretchy texture that is wetter. Here are the basic stages your cervical mucus will undergo throughout the month:



As you get closer to ovulation, this mucus will begin to change; increasing in amounts and becoming cloudier and become stretchy and break easily.

As your body begins to increase its estrogen production, it will look like a raw egg – white, thin, watery and transparent. This is considered high fertile mucus, allowing sperm to live several days.

Your peak day is the last day you can see or feel this mucus. It sometimes coincides with ovulation; usually ovulation follows within a day or two. This is the best time to get pregnant.