

Fertility Myths Questionnaire

Are Fertility Myths Preventing You From Getting Pregnant?

Take this *Fertility Knowledge Quiz* and see! (Answer True or False)

1. It's usually the woman's fault if she can't get pregnant (False)
2. You cannot get pregnant when having sex during your period (False)
3. Sperm only live for several hours (False)
4. You need to wait at least three months after stopping birth control pills before you can start trying to conceive (False)
5. The best way to time intercourse is always on the 14th day of your cycle (False)
6. Having an orgasm helps you get pregnant (False)
7. Ovulation happens when the BBT drops (False)
8. You should have sex every other day if you want to get pregnant (False)
9. You can diagnose implantation or pregnancy from cervical changes (False)
10. You can get pregnant several days before and after ovulation (False)
11. Vaginal secretions always mean that there is an infection (False)
12. Stress prevents a woman from getting pregnant (False – but contributes to issues in our body that contribute to fertility issues)
13. If you miscarried in the last pregnancy, there is an increased risk to have another miscarriage (False)
14. Fertilization happens inside the uterus (False)
15. **Moderate exercise** will prevent you from getting pregnant (False)
16. When taking your basal body temperature, you should have sex when the temperature goes up (False)
17. Your first **pregnancy symptoms** usually start before you miss your period (False)
18. If you have only one ovary, you ovulate only once every two months (False)
19. If you haven't become pregnant after three months of trying, something must be wrong (False)
20. A negative pregnancy test on 12 DPO means that I am not pregnant (False)
21. A positive blood pregnancy test means that I am pregnant (True – but not always)
22. Women who can't get pregnant often have problems with the cervical mucus (Rarely)
23. Ovulation always happens on cycle day 14 (False)
24. Sperm can survive several days inside the vagina (False)