

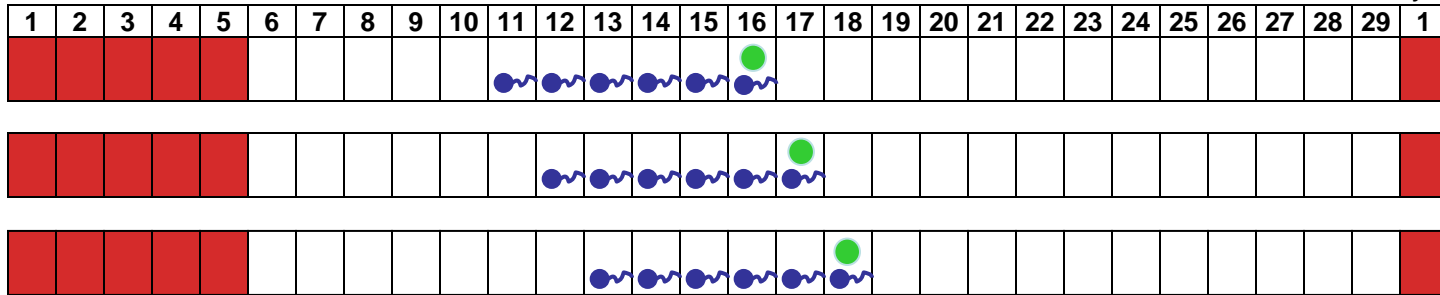
When are you fertile? *

The following are examples of menstrual cycles and what are called the “fertile days”. Fertile days are when a woman can get pregnant if she has unprotected sex. A cycle starts with the first day of the period and ends with the first day of the next. These charts show when a woman *may* ovulate (release an egg).

In this 29 day cycle, a woman may be fertile between days 11 and 18:

29 day cycle

(next cycle)

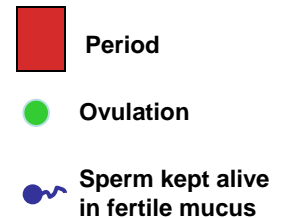
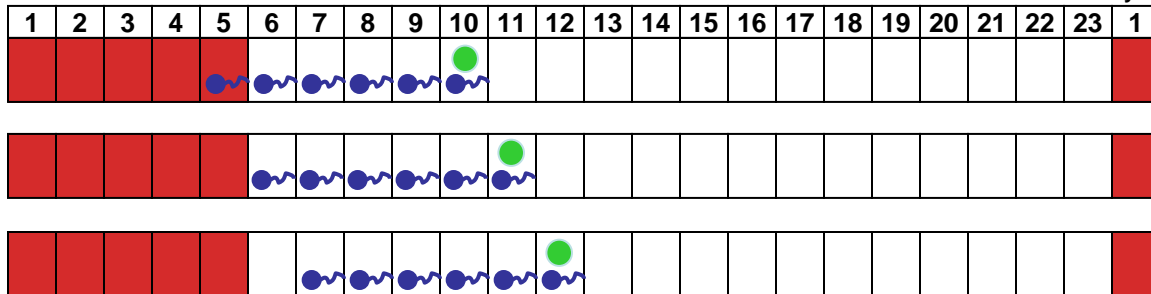


For a 28 day cycle, a woman may be fertile between days 9 and 17.

In this short 23 day cycle, a woman may be fertile almost immediately after her period:

23 day cycle

(next cycle)



For a longer cycle, for example, 35 days, a woman may be fertile between days 16 and 24.

* If a woman is using hormonal contraception (the Pill, *Depo-Provera* (“The Shot”), *Evra* (“The Patch”) or *Nuvaring*), this chart does not apply to her.