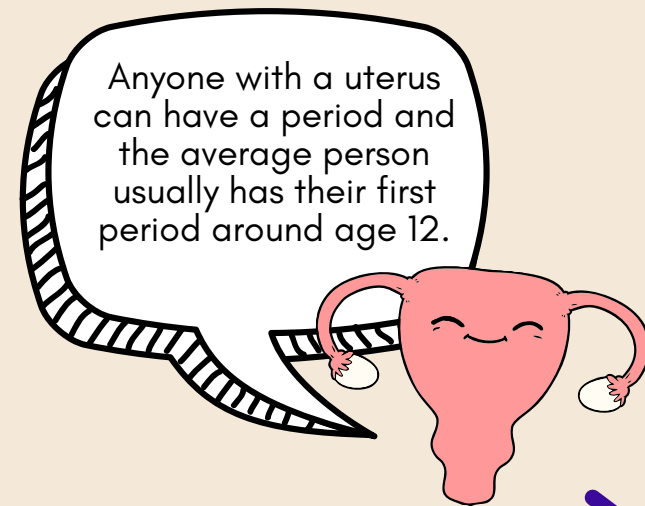
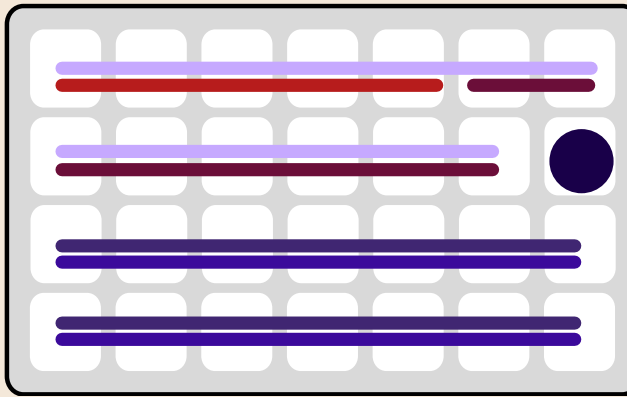


# THE MENSTRUAL CYCLE



Anyone with a uterus can have a period and the average person usually has their first period around age 12.

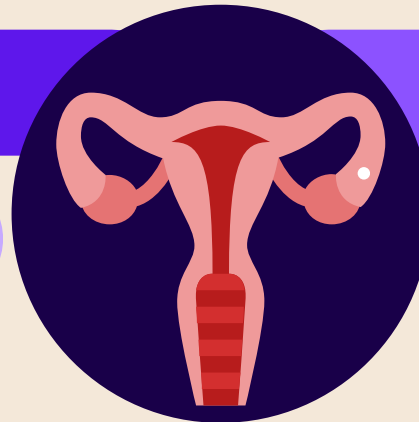
28 days

## PRE-OVULATION

### Follicular Phase



After the period, ends the ovary prepares to release an egg.



## OVULATION

### Day 14

The egg is released from the ovary into the fallopian tubes. You may experience some discomfort around this time.

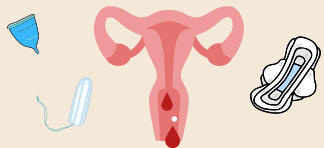
## POST-OVULATION

### Luteal Phase

#### Days 15 to 28

This is the time between ovulation and menstruation and also when the body would prepare for a possible pregnancy.

### Period



#### Days 1-5

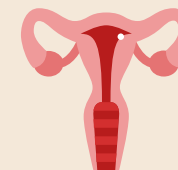
The uterus sheds the endometrial lining that has built up throughout the last cycle. This is when you have your period (which can last anywhere from 1 day to a week depending on the person).

### Proliferative

#### Days 6 to 13

The uterine lining builds up again after being shed during the period.

### Secretory Phase



#### Days 15 to 28

If the egg is fertilized, the uterine lining remains in the uterus and produces chemicals to support the pregnancy. If the egg is NOT fertilized, the uterine lining will prepare to break down and shed once again during menstruation.

### Did you know...

- A person is most fertile at the middle of their cycle when ovulation occurs.
- Released eggs live for about half a day.
- Sperm can live in cervical mucus for up to around 5 days.