

MS01 VT11 FAQ When Can I Get Pregnant

[Music]

Most women have a cycle that's approximately 26 to 35 days long, and you ovulate, which is when the egg is released, about 14 days before your next period. And you're most fertile during the time of ovulation.

So the best opportunity to maximize your chance of fertility is to know your menstrual cycle and to ensure that you're able to identify that time each month where you stand the best chance of conceiving.

So there are so many apps and fertility trackers and, you know, peeing on a stick, and all that stuff. But if you're having regular cycles and you have intercourse regularly, two to three times a week, nothing crazy, you will probably get pregnant in a few months.

[End recording]