



MENSTRUAL CYCLE PHASES

presented by: *Hopeful Mama Foundation*

Menstrual Phase

- When you get your period and lasts between 3-7 days,
- Estrogen and progesterone levels are lowest and the thickened lining of your uterus is no longer needed and sheds.
- Pads, tampons, period underwear or menstrual cups can be used. Change pads/tampons every 3-4 hrs; cups every 8-12 hrs.

Follicular Phase

- Lasts for 13 to 14 days, ending in ovulation.
- The pituitary gland in the brain releases a hormone to stimulate the production of follicles on the surface of an ovary. (FSH)
- Usually, only one follicle will mature into an egg and your uterus lining also thickens in preparation for pregnancy.

Ovulation Phase

- An egg is released from an ovary and moves along the fallopian tube towards your uterus. Ovulation can last from 16 to 32 hours.
- Occurs once each month (usually two weeks before next period)
- Once the egg is released, it will survive up to 24 hours. If sperm reaches the egg during this time, you may get pregnant.

Luteal Phase

- Cells in the ovary release progesterone and estrogen. This causes the lining of the uterus to thicken in preparation for a pregnancy.
- If a fertilized egg implants, the cells in the ovary continue to produce progesterone, which maintains the thickened lining.
- If pregnancy does not occur, progesterone levels drop, the uterus lining sheds and the period begins again.