

## HOW CAN YOU INCREASE YOUR CHANCES OF GETTING PREGNANT



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But it's important to remember that getting pregnant can take time. A healthy, 30-year-old woman has only a 20 percent chance of getting pregnant each month. It's normal for it to take a few months or longer. If you're anxious to get pregnant, there are a few steps you can take to make trying more effective.

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2. Track your ovulation. You can technically get pregnant at any time, as long as you're menstruating but you're most fertile when you're ovulating, which typically happens around day 14 of your cycle (FYI: the day you start your period is day one).

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Sperm can live for up to 7 days inside your body. For the best chance of success, you should have sex every 2 to 3 days throughout the month. You don't need to time it to coincide with the days when you ovulate.

Complications and getting help. See your GP for advice if you have been trying for a baby for more than 1 year without success.

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