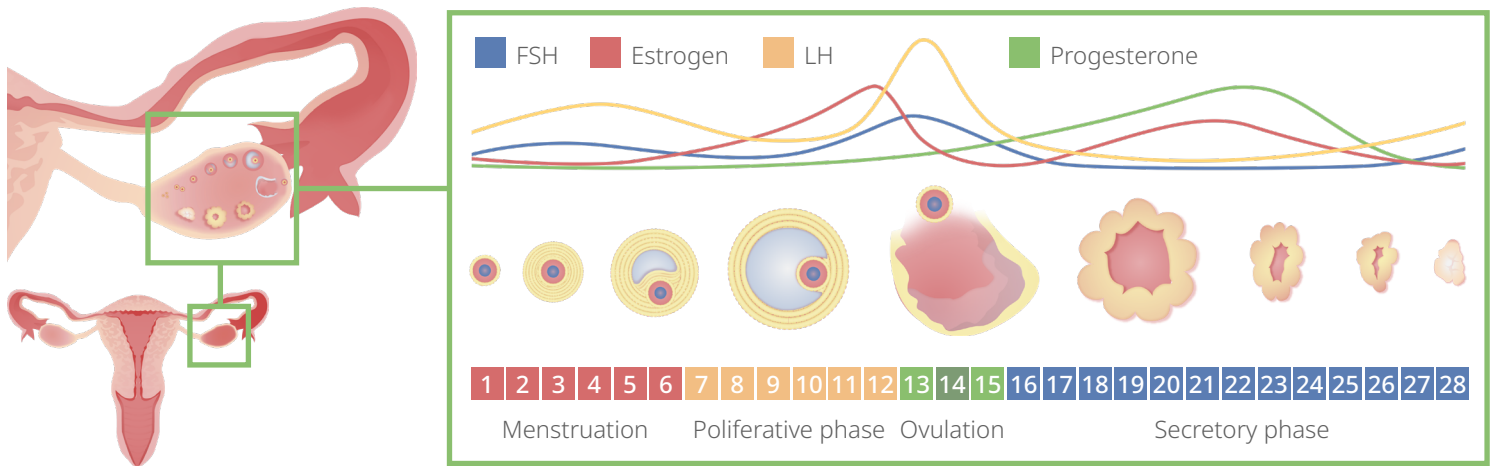




OVULATION SYMPTOMS



Ovulation occurs around day 14 of the menstrual cycle. Rising estrogen levels trigger an LH surge. LH-induced enzyme activity weakens the wall of the ovary. The dominant follicle, which developed under estrogen's influence, breaks through the ovarian wall and enters the fallopian tube.



After the oocyte is released, follicular remnants in the ovary form the corpus luteum and produce progesterone. Rising progesterone levels prepare the uterine lining for implantation, should conception occur.

For individuals who experience the menstrual cycle, this sequence of mid-cycle hormone changes and the physical processes that occur under their influence may cause a range of symptoms.

Common ovulation symptoms



Ovulation pain (also known as "Mittelschmerz")



Breast tenderness



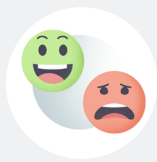
Nausea/bloating



Heightened sense of smell



Increased libido



Mood changes



Fertile, "egg-white" cervical mucus



Increased basal body temperature

Client education

- Educate clients about the menstrual cycle, hormone changes, symptoms that may occur at different phases in the cycle, and comfort measures.
- Encourage use of a calendar or application to track the menstrual cycle and note symptom patterns.
- Explain how awareness of menstrual cycle and ovulation timing can be used to prevent or promote pregnancy, if desired.