6 THINGS TO KNOW ABOUT Conception

90% of women don’t know that 2 days before through the day of ovulation is the best time to try to get pregnant.

40% of women don’t know that a woman is born with all of the eggs she will ever have.

The Science Behind Conception

Normal ovulation leaves only a small window for conception. Conception can occur only in the 6 days before ovulation through the day of ovulation. Here’s what it takes for conception to occur:

1. Semen, which contains sperm, enters a woman’s vagina.

2. A mature egg cell arrives in a woman’s fallopian tube. The egg is fertilizable for only a short time (usually between 8 and 12 hours).

3. Sperm swim into the uterus and fallopian tubes, where they can stay functional for 5 days.

4. Sperm go through changes to become fully mature, so that they are able to bind to an egg.

5. In the fallopian tube, one sperm fertilizes the egg to form an embryo.

6. After several days, the developing embryo moves to the uterus. There, it attaches to the uterine lining, where the pregnancy can progress.

Women’s and men’s health conditions and behaviors, genetics, and age all influence the chance of conception. To learn more, visit http://go.usa.gov/8rZ3.