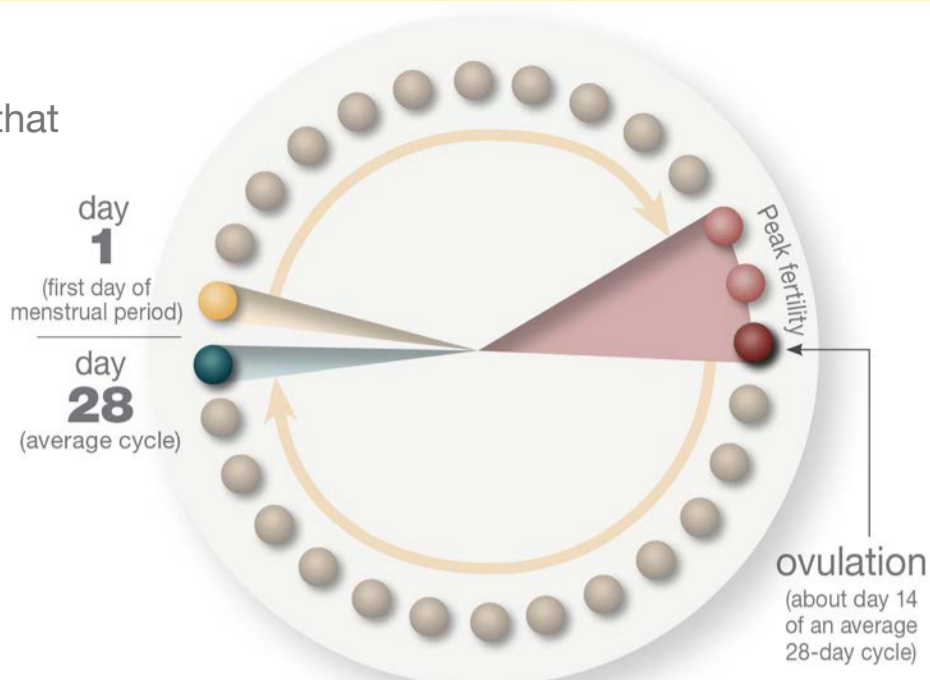


6 THINGS TO KNOW ABOUT Conception

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.**

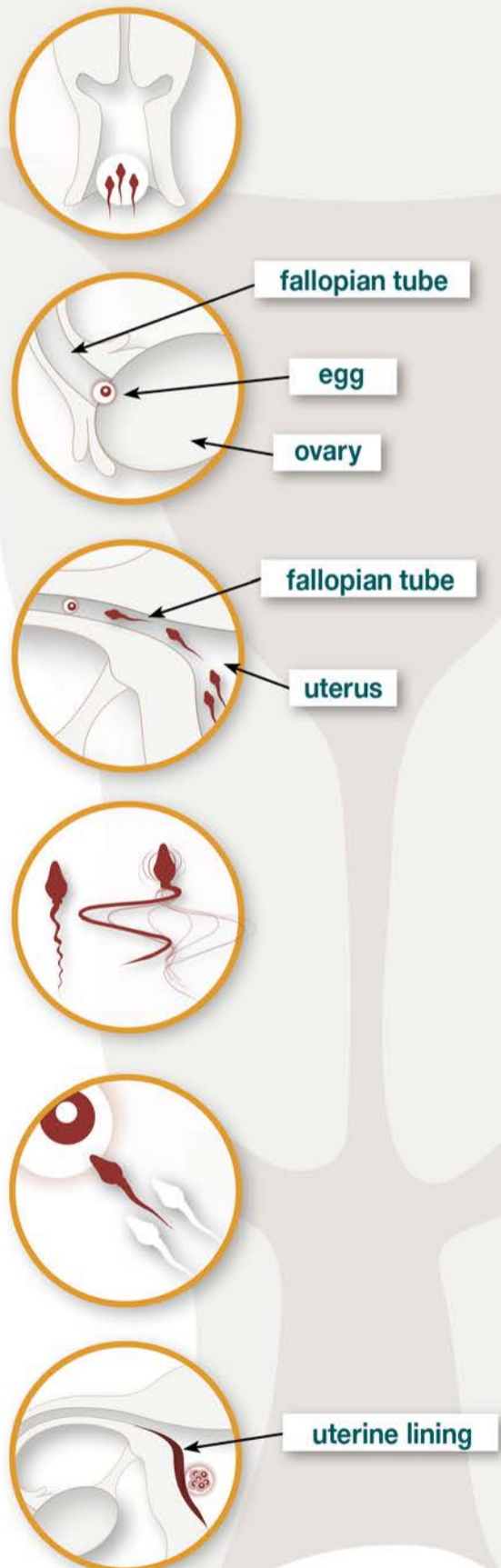


The Science Behind Conception

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.**
- 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).
- Sperm swim into the uterus and fallopian tubes**, where they can stay functional for 5 days.
- Sperm go through changes** to become fully mature, **so that they are able to bind to an egg.**
- In the fallopian tube, **one sperm fertilizes the egg** to form an embryo.
- 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>.



Eunice Kennedy Shriver National Institute of Child Health and Human Development

