

## Guide To Getting Pregnant

Making the decision to become pregnant is one of the most important decisions a person can do in their life. However, people are of the impression that having unprotected sex is enough to become pregnant. However, it's not that easy to become pregnant as the body is not that easy to understand, and more complicated. So it is better to keep these points in mind when you wish to become pregnant.

The first step to take to become pregnant lies in visiting the gynecologist. This is because you will be given a German measles vaccination here, if you have not had one already. You will also have any doubts answered while on the visit to the gynecologist. Any medications you may need like folic acid will be told by the doctor too. The most important information the doctor will be giving you would be the best times to have sex.

The best time is different in different people as it all depends on the individual ovulation cycle. The ovulation period is usually in the midway of a menstrual cycle; that is, for most women, about 14 days before the next period. This is the best time to have sex to become pregnant; however, if this does not work, you could wait till days 10 and 18 of the cycle. Then you can have intercourse every other day of this period. With this, you will find that intercourse and ovulation coincide at one day or the other.

If you wish to find the more precise and exact ovulation period, you could purchase an at-home ovulation prediction kit. Here, it is with the help of the body temperature that you can find out whether you ovulate or not. This is because during ovulation, the body temperature usually increases by 0.8 degrees. With these kits, you are warned one and a half days in advance on the best time to get pregnant.

The next question you may ask is how often sex should take place, to become pregnant. However, it is a fact that the more frequently a man ejaculates, the lower his sperm count becomes. So couples trying to have a baby have sex every few days thinking that ejaculations with increased sperm count gives a better chance for pregnancy. However, this is not so because though the sperm count may be lower with daily ejaculations, they are high enough to facilitate a pregnancy.

The best thing to do is to enjoy sex, and do it when you want to do so. Having a baby should be a fun experience and so don't bother too much on how often and when. Of course, those having sex only once a week have a lower chance of getting pregnant.

Don't panic if there is no sign of pregnancy after a month or two of sex as if you were taking pills before this, it takes some time for your system to regularize. This may delay conception; it is also more difficult for smokers to get pregnant. So if you smoke, you have to decrease or stop smoking.

If none of these tips help in getting you pregnant, consult a gynecologist. Remember, enjoy yourself, don't keep an aim of getting pregnant, and one day, you are bound to be pleasantly surprised!

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### About the Author

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