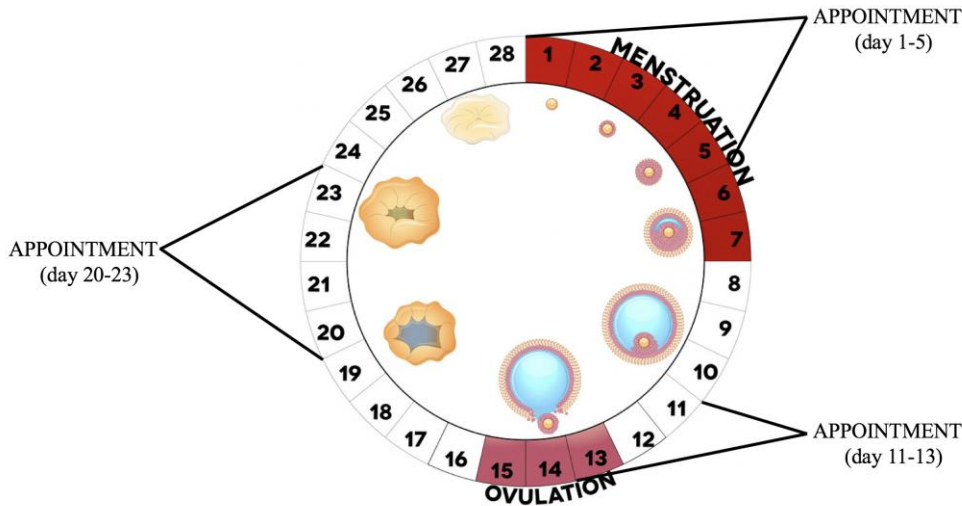


Information about menstrual cycle and appointment time-points



An average menstrual cycle lasts around 28 days. In such a cycle:

- day 1 is the first day of your menstruation
- in the middle of the cycle (day 14) the ovulation takes place

The cycle length usually varies between 21-35 days between women. The ovulation takes place in the middle of the cycle, therefore the timing of the ovulation in the cycle varies depending on the length of the cycle (e.g. in a menstrual cycle of the length of 21 days, the ovulation occurs around day 10 of the cycle).

Therefore, if your cycle length is not exactly 28 days, the cycle days of your appointments might be different from the days in brackets in the picture above. In the following table, you see the exact cycle days of the appointments depending on menstrual cycle length:

Cycle length	Appointment during menstruation	Appointment 1-3 days before ovulation	Middle of the cycle ovulation	Appointment 6-9 days after ovulation
21	1-4	7-9	10	16-19
22	1-4	8-10	11	17-20
23	1-4	8-10	11	17-20
24	1-4	9-11	12	18-21
25	1-4	9-11	12	18-21
26	1-5	10-12	13	19-22
27	1-5	10-12	13	19-22
28	1-5	11-13	14	20-23
29	1-5	11-13	14	20-23
30	1-5	12-14	15	21-24
31	1-6	12-14	15	21-24
32	1-6	13-15	16	22-25
33	1-6	13-15	16	22-25
34	1-6	14-16	17	23-26
35	1-6	14-16	17	23-26

Menstrual Cycle Diary

Observed cycle	Date begin menstruation (dd/mm/yyyy)	Date end menstruation (dd/mm/yyyy)	Date day before begin of the next menstruation (dd/mm/yyyy)	Length of menstrual cycle in days
First	/ /2019	/ /2019	/ /2019	
Second	/ /2019	/ /2019	/ /2019	