

INDICATION OF AN OVULATION PROBLEM

AND WHAT CAN BE DONE AT HOME

SIGNS



Periods irregularity



No menstruation cycle (amenorrhea)



Absence of ovulation-related symptoms



Negative ovulation predictor test results

EFFECTIVE WAYS TO INCREASE THE CHANCES OF OVULATION



Maintain body weight as per the height



Avoid exercising vigorously



Do not make drastic dietary changes



Stay away from stress