

Download Trying To Conceive How To Fall Pregnant Quickly

How to get pregnant fast 1. See your healthcare provider. You're more likely to have a successful pregnancy... 2. Plan for a healthy pregnancy. Begin taking folic acid at least one month before you start trying... 3. Figure out when you ovulate. The key to getting pregnant quickly is figuring ...Ovulation is the best time to get pregnant. "This is the time to focus on having sex," Hillard says. It helps to become aware of the signs of ovulation, such as a change in your cervical mucus. It usually becomes thin and slippery when you are most fertile. Take Time to Relax. In fact, stress, anxiety and depression affect around 30% of women who attend fertility clinics (31). Receiving support and counseling may reduce anxiety and depression levels, therefore increasing your chances of becoming pregnant (32). Step 1: Go Off Your Birth Control—Ahead of Time. Take a pass on your prescription a few months before you plan to start trying, says Christopher Williams, M.D., a reproductive endocrinologist in private practice in Charlottesville, Virginia, and author of *The Fastest Way to Get Pregnant Naturally*.