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Take a folic acid supplement It's recommended that all women who could get pregnant should take a daily supplement of folic acid. You should take a 400 microgram supplement of folic acid every day before you get pregnant, and every day afterwards, up until you're 12 weeks pregnant. A microgram is 1,000 times smaller than a milligram (mg).

~~Planning your pregnancy - NHS~~

Your rights at work while you're pregnant. If you're working while you're pregnant, you need to know your rights to antenatal care, maternity leave and benefits.. If you have any worries about your health while at work, talk to your doctor, midwife or occupational health nurse.

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It is simple in that you take your temperature before leaving bed each morning. Charting this information will tell you when you are ovulating or if you are having fertility issues. For those who have been charting their BBT for a few months, this is a great way of knowing you are pregnant before taking a test.

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If it's longer than a fairly average 2 weeks the woman cannot get pregnant. So you're suggesting that if you have a luteal phase of 24 days you might get a positive 2 weeks before your af. That cannot happen as with a luteal phase that long you won't get pregnant. People do not get positive tests 2 weeks before af.

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By following all these measures for 90 days, you are creating the right conditions for the egg to grow, release and get fertilized with the healthy sperm. However, at this point, you may be wondering whether you really get pregnant in 90 days cycle. Well, that is the definite possibility. I have used the phrase “ definite possibility ” consciously. When I say that definite possibility what I mean is this...