

*The*  
**4 Phases**  
of your cycle  
you should know

*#learnwithhonestpad*



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# *Menstruation*

Your menstrual cycle starts with....

Menstruation 🧑

Key takeaway:

**No eggs fertilised,  
you're not pregnant!**

Your uterus sheds the lining out of your body in a way how **Bahubali** was banished from the kingdom by his mom, **Sivagami**.

**It sucks, but deal with it!**

Duration:

**4 to 7 days**

If you bleed for fewer than 4 days, mention this to your doctor.



# *Follicular Phase*

The second phase of your menstrual cycle.

Key takeaway:

**Calm time for the body,  
menstrual horror is over!**

During this phase your body gives the right signals to your ovaries to prepare and release an egg like how your **PubG players** signal your right attack.

**You'll be feeling pretty frisky  
around this time. Get it, girl**

Duration:

**10 to 14 days**

This phase could extend if you have conditions like PCOS.



# Ovulation

This phase of your cycle is super short.

Key takeaway:

**Want a baby? Go for it!  
If not, then stock up on your protection!**

During this phase your egg is released from your ovaries and starts to make its way down the fallopian tubes.

**May feel a sharp one-sided pain on your abdomen or no signs at all!**

Duration:

**12 to 36 hours**

The most crucial hours to get pregnant.



# *Luteal Phase*

How long is this rollercoaster of drama?

Key takeaway:

**Raging hormones alert! So take a bubble bath and soothe yourself.**

This is the progesterone spiked phase, the crucial hormone, which prepares the uterus for a fertilised egg.

**The side effects include cramps, sore breasts, pimples, mood swings. UGH, ahh lovely progesterone!**

Duration:

**14 Days**

It could be longer than 14 days due to hormonal imbalance.



*So that's it!*

This is what happens in your body every month from puberty to menopause.

**ENJOY  
THE RIDE  
LADIES!**

Let's be honest, It's pretty damn miraculous.

