

# CERVICAL POSITION IN EARLY PREGNANCY

## CHECKING THE CERVICAL POSITION



Cut your nails, and clean your hands



Get into a squatting position.



Insert your longest finger in the vagina



You will feel a firm, round, lip-like structure (outer part of the cervix)

## CHANGES IN CERVICAL MUCUS THROUGH THE MENSTRUAL CYCLE



After the period (reduced discharge)



A few days before ovulation (sticky discharge)



Just around ovulation (increased and creamy discharge)



At ovulation (stretchy egg white like discharge)

After ovulation: On conception, discharge increases; else, it dries up.