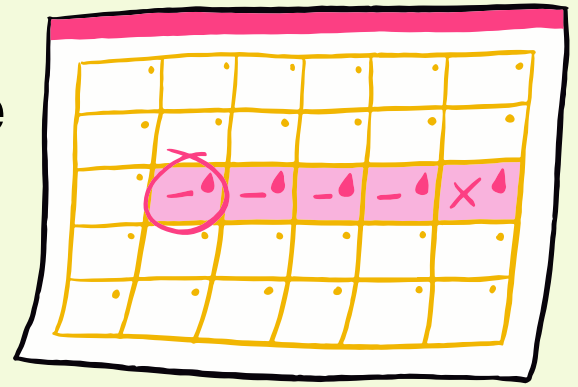


How to Calculate Day 21 of Your Menstrual Cycle?



A Simple Guide to Counting the Days of Your Menstrual Cycle

This quick guide will help you understand how to count your cycle days so you can confidently find Day 21, no matter how long your cycle is. Let's break it down, step by step!



Keep in Mind: Every Woman's Cycle is Different

- The average cycle is about 28 days, but yours may be longer or shorter.
- Day 21 testing works best if you ovulate around Day 14.
- If you ovulate later (e.g., Day 17), your "Day 21" lab should be done 7 days after ovulation, even if that's actually Day 24 or 25 of your cycle.

1

Know the First Day of Your Cycle

Your cycle starts on the first day you get a real menstrual flow (not just light spotting). That's Day 1.

2

Once you know Day 1, simply count forward to Day 21.

For example, if your period started on March 1st:
Day 1 = March 1
Day 21 = March 21

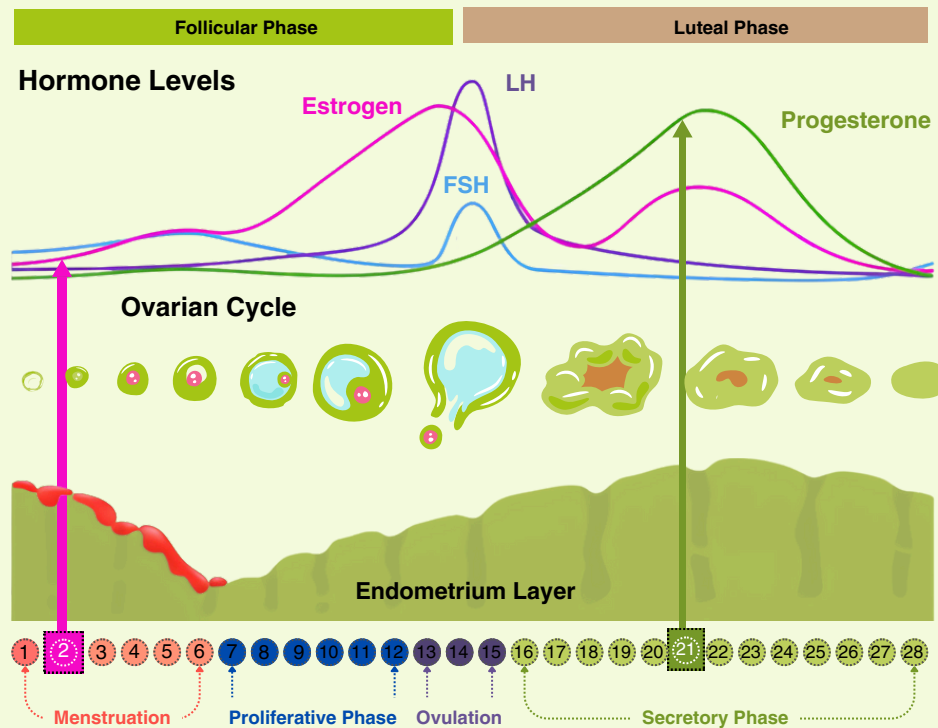
Estrogen Testing

Estrogen is tested on **Day 2** of the menstrual cycle to evaluate **baseline hormone levels**. This is typically the **second day of menstrual bleeding**, when hormone levels are at their lowest and most stable. Measuring estrogen at this time helps **assess ovarian function, egg reserve**, and can provide insight into conditions like PCOS or irregular cycles.

Progesterone Testing

Progesterone is tested on **Day 21** to confirm **whether ovulation has occurred**. In a typical 28-day cycle, ovulation happens around **Day 14**, and progesterone levels peak about **7 days later—around Day 21**. A high progesterone level at this point indicates that **ovulation took place** and the body is preparing for a possible pregnancy.

Menstrual Cycle



Need Help Understanding Your Cycle?

At Natural Endocrinology Specialists™ (NES), we take a personalized, holistic approach to hormone health. Whether you're tracking ovulation, planning fertility testing, or just want to better understand your body, our team is here to help you make sense of your menstrual cycle.

CONTACT US!



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