THE FOUR PHASES OF THE MENSTRUAL CYCLE

START HERE at first day of menstruation.

CYCLE BEGINS

CYCLE ENDS

MENSTRUATION
Lining of uterus is shed.

If egg is not fertilized, it dissolves. Lining is not needed.

Thickened lining of uterus is ready to receive fertilized egg.

Lining of uterus is very thin.

Lining of uterus thickens.

OVULATION
LH from pituitary causes ovulation. Mature egg leaves ovary and goes into fallopian tube.