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| <p><b>English</b></p>   | <p><b>Simplified Chinese (Mandarin) / 简体中文</b></p>  |
| <p><b>Periods and pregnancy</b></p> <p>The length of a menstrual cycle varies from person to person. A period usually comes every 28 days, but it's normal if it's longer or shorter than that. Everyone is different.</p>  | <p><b>月经与妊娠</b></p> <p>月经周期的长度因人而异。月经通常每 28 天来一次，但若经期间隔长于或短于该时间，也是正常的。每个人都不同。</p>   |
| <p><b>The menstrual cycle</b></p> <p>Your body's hormones control the menstrual cycle. When the level of the oestrogen hormone in the body increases, the ovaries will release an egg (ovulation).</p> <p>In the second half of the cycle, the levels of progesterone hormone will increase and this gets the womb ready for pregnancy.</p> | <p><b>月经周期</b></p> <p>您体内的激素控制着月经周期。当体内的雌激素水平升高，卵巢就会释放卵子（排卵）。</p> <p>在月经周期的后半段，孕激素水平将升高，使子宫做好妊娠准备。</p> <p>如果没有怀孕，雌激素和孕激素水平就会降低。这种激素变化导致子宫内膜脱落，形成月经。</p> |

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| <p>If pregnancy doesn't occur, oestrogen and progesterone levels will drop. This hormonal change causes the lining to be shed from the womb which causes a period.</p> <p><a href="#">Find out more about periods</a></p>  | <p><a href="#">了解关于月经的更多信息</a></p>  |
| <p><b>Ovulation</b></p> <p>Ovulation occurs when an egg is released from the ovaries.</p> <p>One egg will be released each month during the menstrual cycle. An egg will live for 24 hours after ovulation.</p> <p>If a male's sperm meets and fertilises the egg, this will cause a pregnancy. After having sex, sperm can live for up to 5 days inside the fallopian tubes. If you don't want to get pregnant, use <a href="#">contraception</a>.</p> <p>It's not possible to get pregnant if ovulation doesn't occur.</p> | <p><b>排卵</b></p> <p>当卵巢释放卵子，就会排卵。</p> <p>每个月的月经周期内，将释放一个卵子。卵子将在排卵后存活 24 小时。</p> <p>如果男性的精子与卵子相遇并使其受精，女性就会怀孕。性交后，精子可在输卵管内存活至多 5 天。如果您不想怀孕，可采取<a href="#">避孕措施</a>。</p> <p>如果不排卵，就不会怀孕。</p> |
| <p><b>When you're most fertile</b></p> <p>You're most fertile around the middle of the menstrual cycle at the time of ovulation. This is known as the 'fertile window'.</p> <p>This will depend on the length of your cycle. It usually happens around 14 days before your period starts.</p>  | <p><b>何时最容易怀孕</b></p> <p>月经周期中期即排卵期时最容易怀孕。这被称为“易孕期”。</p> <p>具体取决于月经周期的长度。通常发生于经期开始前 14 天左右。</p>   |

## Tracking ovulation

There are different ways you can track your cycle if you want to work out when you are ovulating to plan a pregnancy. This shouldn't be used as [a method of contraception](#). This includes:

- keeping a diary, or marking the dates of your period on your calendar
- using an ovulation calculator
- using a period tracking app – though this is not effective as a [type of contraception](#)
- monitoring your temperature and noticing changes in your vaginal mucus
- using an ovulation prediction kit

For more information about periods in Chinese (simplified) go to <https://www.nhsinform.scot/translations/languages/chinese-simplified/>

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## 跟踪排卵

如果您想计算出排卵时间以备孕，可以采用不同的方法跟踪您的月经周期，但不应用作[避孕措施](#)。月经周期跟踪方法包括：

- 记日记，或用日历记录月经期
- 使用排卵计算器
- 使用月经跟踪应用程序，但作为一种[避孕措施](#)，此方法并不有效
- 监测您的体温并注意阴道黏膜的变化

使用排卵预测工具

欲了解关于月经的更多信息（简体中文版），请访问 <https://www.nhsinform.scot/translations/languages/chinese-simplified/>

2022 年 7 月 11 日