



An egg cell starts to mature in the ovary. The lining of the uterus begins to build up again.

If the egg cell is not fertilised, the uterus lining begins to break down again and the cycle repeats.

The lining of the uterus breaks down and passes out of the vagina. This is known as menstruation or 'having a period'.

An egg cell is released from the ovary. This is known as ovulation.

The egg cell travels along the oviduct towards the uterus. The uterus lining remains thick awaiting the arrival of a fertilised egg cell.