

**Primarily, FSH (follicle-stimulating hormone) is secreted by the pituitary gland and travels to the ovaries in the blood to stimulate the egg to mature inside its follicle. It also stimulates the secretion of Oestrogen. Oestrogen causes the uterus lining to thicken to accommodate and provide nutrients to a potential fertilized egg; Oestrogen also inhibits the release of FHS to ensure only one egg matures and stimulates the release of LH. LH (Luteinizing hormone) rapidly increases and causes ovulation- the release of the egg. LH also inhibits Oestrogen release and causes the secretion of Progesterone. Progesterone is released from about day 16 and maintains the lining of the uterus until day 21 or 22 if the egg remains unfertilized. LH and FSH is also inhibited by Progesterone to ensure no further eggs are matured and released. However, if the egg is fertilized, the progesterone levels will remain high but will decrease if not.**