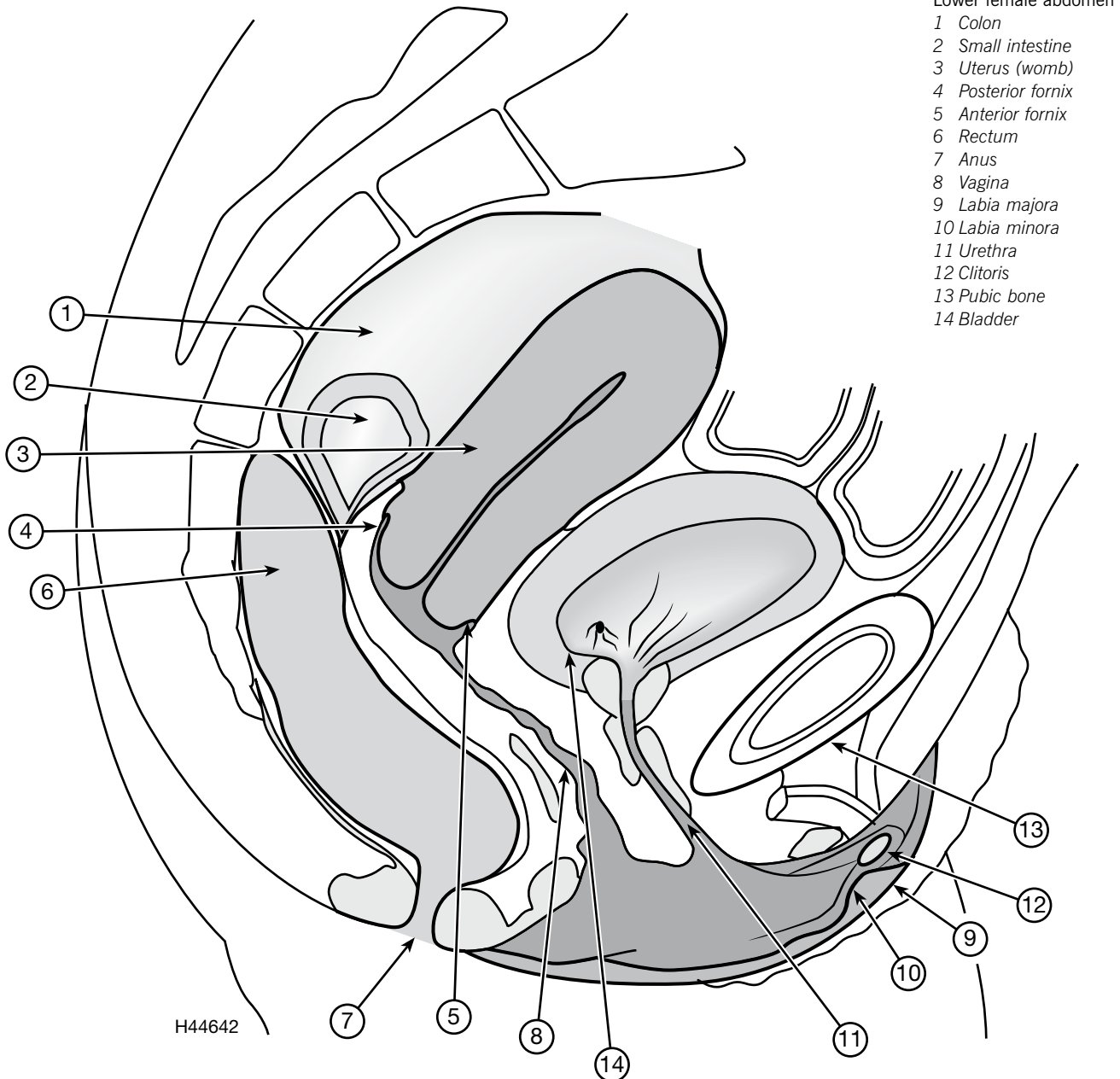
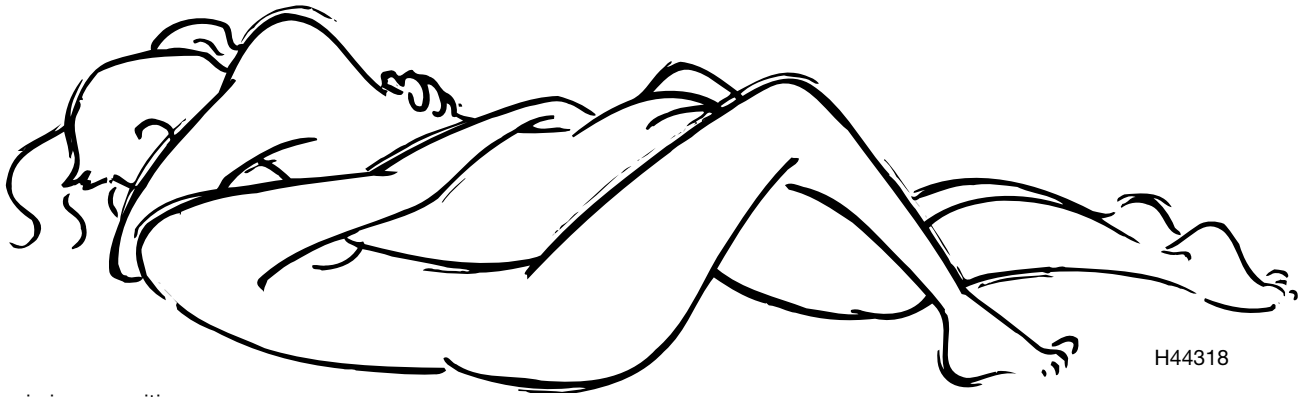


Best positions for getting pregnant

Sperm are strong swimmers, and can remain active for a few days, so any activity which places them in the vagina can result in pregnancy unless contraception is used.





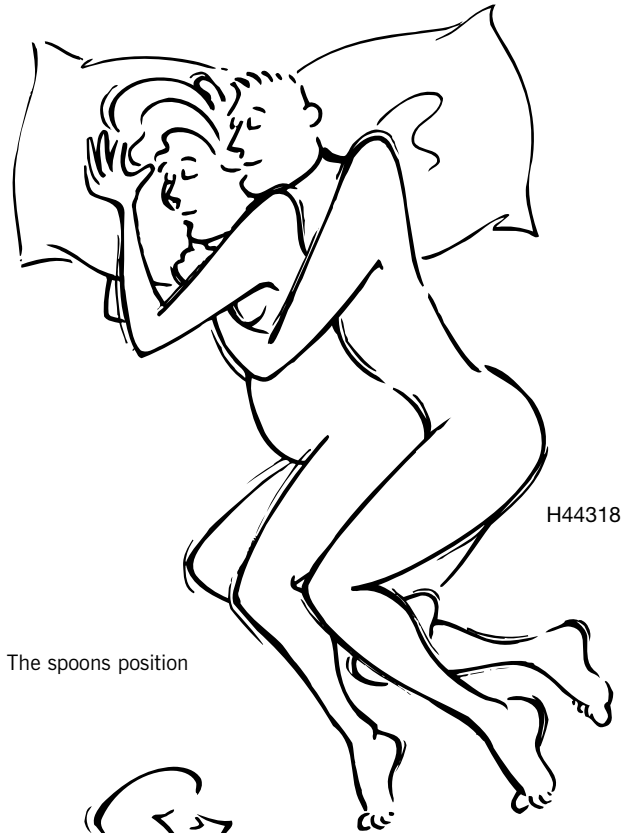
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The missionary position

If the aim is to get pregnant, you can assist the sperm in their journey by using a sexual position which puts gravity to good use and positions the semen near the entry to the womb.

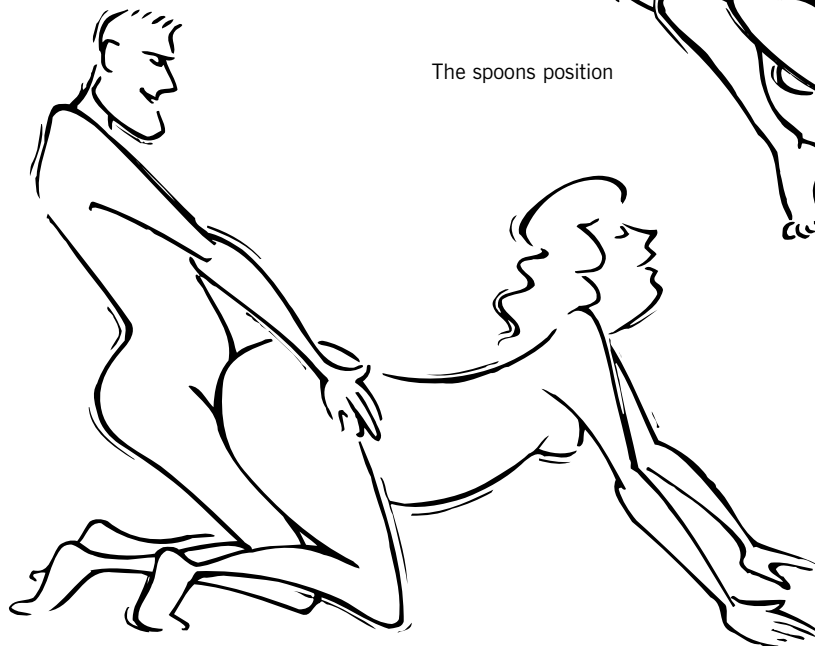
- The missionary position is good, especially if the woman raises her hips with a pillow and remains lying in place for 30 minutes or so after ejaculation. The same holds for any position which has the woman on her back.
- Similarly, the spoons position puts the sperm in the right place and doesn't make it run away again.
- Any variation on doggie style also puts the sperm in the right place, but it might not be so comfortable to remain in position while gravity does its stuff.

The myth that the woman needs to have an orgasm to conceive is unproven, although it is possible that the waves which accompany an orgasm may assist in moving the sperm towards the egg.



H443183

The spoons position



H39925

Doggie style