

Focus On: Mittelschmerz (Pain During Ovulation)

Mittelschmerz is pain on one side of the belly that can happen once a month when you ovulate.

The pain is usually mild, but can be severe in some cases. It's a sign that an egg has been released from an ovary.

You are most fertile—and more likely to get pregnant—when you ovulate.

The pain may shift from side to side from one menstrual cycle to the next, since ovaries tend to alternate which one releases an egg.

The pain can last from a few minutes to a few hours.

It may last up to 24 to 48 hours.

Most people do not need treatment. But you can take over-the-counter pain medicine to relieve the pain.

To learn more about mittelschmerz, talk to your doctor.