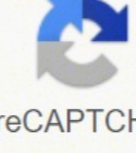


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### HOW TO GET PREGNANT WITH A TILTED UTERUS

**What is a Tilted Uterus?**  
A tilted or retroverted uterus is when the uterus tilts backwards towards the spine instead of forward.  
**20% OF ALL WOMEN.**

**What Causes a Tilted Uterus?**  
It can be caused by previous pelvic infections, pelvic surgery, pelvic adhesions, pelvic inflammatory disease (PID), or fibroids.

**Getting Pregnant Tips**

- Fertility Massage**  
Focus on the lower abdomen. It can help relax the uterus and improve blood flow.
- Shallow Positions**  
To maximize sperm contact, use shallow positions. Shallow positions keep the opening of the vagina closer together.
- Prop a Pillow Under Bottom**  
If you have a tilted uterus, prop a pillow under your bottom. It can help tilt the uterus forward.
- Lie Still for 30 minutes**  
After intercourse, lie still for 30 minutes or more. This can help sperm reach the egg.

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