

# Most websites, apps not accurate for predicting fertile window

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(HealthDay)—Most fertility websites and applications (apps) are not

accurate for predicting the fertile window, according to a study published in the July issue of *Obstetrics & Gynecology*.

Robert Setton, M.D., from Weill Cornell Medical College in New York City, and colleagues conducted a descriptive study to examine the validity of fertility websites and apps. They assessed the top resulting free websites and electronic apps downloadable to a cellular phone that provide calendars for fertility and [ovulation](#) prediction; the predicted date of ovulation and fertility window generated were compared with an actual estimated date of ovulation and a fertility window. Data were collected from 20 websites and 33 apps.

The researchers found that one of the websites and three apps were able to predict the precise fertile window.

"Websites and electronic apps used by the general public to predict fertile windows are generally inaccurate, although the clinical effect of this inaccuracy is unknown. Although they all include the most fertile cycle day, the range of the fertility window varies widely," the authors write. "Patients who are trying to conceive with the assistance of calendars generated from websites and electronic apps should be counseled on the inaccuracy of these modalities."

**More information:** [Full Text \(subscription or payment may be required\)](#)

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