

## HEAT CYCLE, SIGNS AND CONCEPTION RATES OF DAIRY CATTLE

Cycle Period	PROESTROUS (coming into heat)	ESTRUS (True heat)  *Refer to Table 1: Signs of Secondary Heat)	POST ESTRUS (end of heat)
<b>LENGTH OF PERIOD</b>	5-15 h  Average: 10 hours	6-24 h  Average: 18 hours	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>72-96 h Ovulation 12 h</p> </div> <div style="text-align: center;">  <p>Blood 12-36 h</p> </div> </div> <p style="text-align: center;">Average: 72 hours</p>
<b>EXTERNAL SIGNS</b>	<ul style="list-style-type: none"> <li>Increased activity</li> <li>Frightened by other cows</li> <li>Tends to mount other cows</li> <li>Vulva is slightly swollen, humid and pale red.</li> <li>Mucus</li> <li>Bellowing</li> <li>Loss of appetite</li> </ul>	<ul style="list-style-type: none"> <li>Swollen vulva</li> <li>Slightly red vulva</li> <li>Clear and stringy mucus</li> <li>Bright-eyed nervous cow</li> <li>Frequent bellowing</li> <li>May withhold milk</li> <li><b>Accepts to be mounted</b></li> <li>Every mount lasts for 10-12 seconds, and this, throughout the whole estrus.</li> </ul>	<ul style="list-style-type: none"> <li>No longer accepts to be mounted.</li> <li>Keeps on sniffing other cows.</li> <li>May still want to mount other herd mates.</li> <li>More often calm again.</li> <li>Viscous and cloudy mucus</li> <li>Vulva is no longer swollen</li> <li>Unobservable ovulation 10-12 hours after beginning of post estrus.</li> <li>Bleeding occurs 20-48 hours after beginning of post estrus and is only observed in about 50% of cows and 90% of heifers.</li> </ul>
<b>HOURS AFTER BEGINNING OF ESTRUS</b>			
<b>CONCEPTION RATE</b>	<p style="text-align: right; margin-right: 50px;">Ovulation</p> <p style="text-align: center;"> <span style="color: red;">Very poor</span>              <span style="color: red;">poor</span>              <span style="color: red;">avg</span>              <span style="color: orange;">good</span>              <span style="color: green;">Very good</span>              <span style="color: orange;">good</span>              <span style="color: red;">avg</span>              <span style="color: red;">poor</span>              <span style="color: red;">Very poor</span> </p>		