



# CycleBeads® plan or prevent pregnancy naturally

## What are CycleBeads®?

CycleBeads are a string of colored beads that represent each day of a woman's menstrual cycle. They can help you know when you are likely to get pregnant if you have sex.

- \* **WHITE** beads mark the days you can get pregnant.
- \* **BROWN** beads mark the days you are not likely to get pregnant.

CycleBeads are for women who want a natural, effective approach to family planning. Using CycleBeads can:

- \* Help you better understand how your body works.
- \* Help your partner become more involved in family planning.
- \* Help you keep track of your menstrual cycle over time.

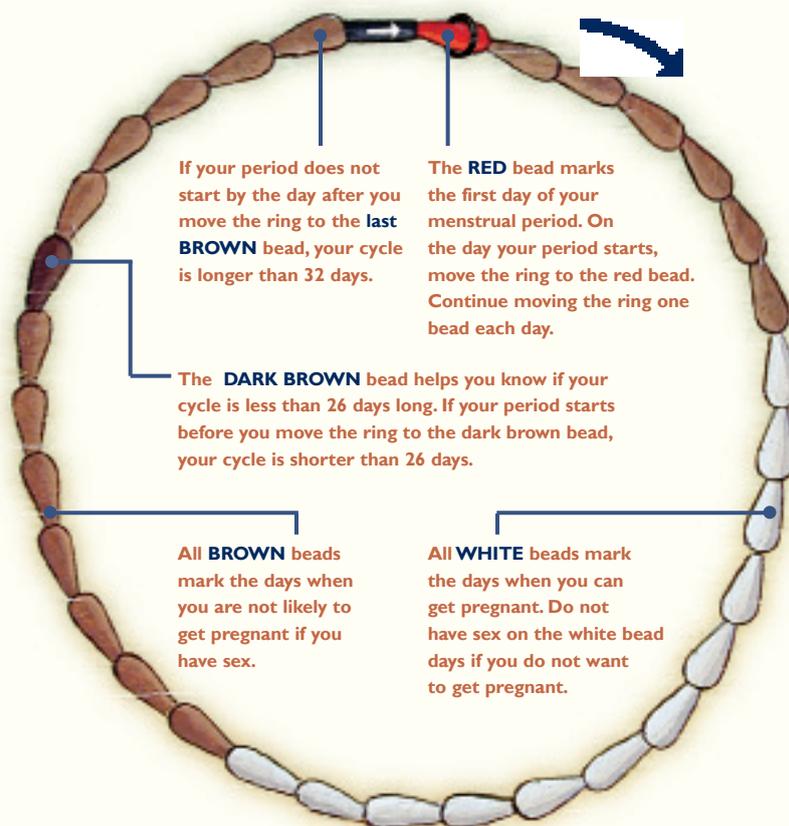
CycleBeads are based on the Standard Days Method® of family planning. The Standard Days Method is a natural method that works well for women who have cycles that are between 26 and 32 days long.

## Before you start using CycleBeads

- \* **Talk with your partner.** Decide together what you will do on the days you are likely to get pregnant.
- \* **Please read the instructions completely and very carefully.** Do not throw them away. Keep the instructions nearby and check them any time you are not sure what to do.
- \* **Check your CycleBeads.** There are 32 beads, 1 black cylinder with an arrow, and 1 black rubber ring. The beads are in the following order: the first bead is red; the next 6 are brown; the next 12 are white; the next 7 are brown; the next one is dark brown; the next 5 are brown. The black cylinder with the arrow is last.

## What do the colors mean?

The colors of the CycleBeads help you keep track of your menstrual cycle. Each bead represents a single day of your cycle. The **BLACK** cylinder with the arrow shows the direction to move the ring. It does not count as a day of your cycle.



## When using CycleBeads, remember the following:

### What if you forget to move the ring?

- \* Check your calendar for the day you marked as the first day of your period.
- \* Count the number of days that have passed from that day until today.
- \* Starting on the RED bead, move the ring that same number of beads on your CycleBeads.

### Is your cycle the right length?

- \* If your next period starts before you move the ring to the DARK BROWN bead, your cycle is less than 26 days long. If this happens more than once a year, CycleBeads will not work for you.
- \* If your next period does not start by the day after you move the ring to the last BROWN bead (the bead before the black cylinder) your cycle is more than 32 days long. If this happens more than once a year, CycleBeads will not work for you.
- \* If your next period starts on a day between the DARK BROWN bead and the last BROWN bead, your cycle is between 26 and 32 days long. You can use CycleBeads.

### Keep checking the length of your cycles.

- \* The length of your cycles may change over time.
- \* If you have more than one cycle in one year that is shorter than 26 days or longer than 32 days, CycleBeads will no longer work for you.

### Your menstrual cycle and your period are different.

- \* Your *menstrual cycle* is not the same thing as your *period*.
- \* Your *period* is when you are having your menstrual bleeding—during the first week of the cycle.
- \* Your *cycle* begins on the first day of your period and ends the day before your next period starts.

## How do you use CycleBeads?



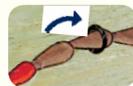
On the first day of your period move the BLACK RING to the RED bead.



Mark the first day of your period on your calendar. You need to know this day if you forget to move the ring.



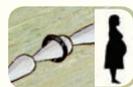
Every morning, move the ring in the direction of the arrow on the cylinder.



Continue to move the ring one bead each day even on days when you have your period.



The day your next period starts, move the ring to the RED bead again. Skip over any remaining brown beads.



When the ring is on a WHITE bead you are likely to get pregnant if you have sex.



When the ring is on any of the BROWN beads you are not likely to get pregnant if you have sex.

## Are CycleBeads right for you?

The total number of days in your cycle determines whether CycleBeads are right for you.

The answers to these questions will help you know if your cycles are between 26 and 32 days long:

1. Do your periods come about when you expect them?  
**YES** [ ] **NO** [ ]
2. Do your periods come about a month apart?  
**YES** [ ] **NO** [ ]

If you answer **YES** to both of these questions, CycleBeads may work for you. If you answer **NO** to either of these questions, CycleBeads will NOT work for you.

If you are not sure how long your cycles are, wait until your next period starts.

- \* Count all the days from the first day of that period through the day before your next period begins.
- \* This will tell you if your cycle lasts at least 26 days but not more than 32 days.

If you are still not sure if CycleBeads are right for you, visit your doctor or provider.

## When can you start using CycleBeads?

- \* If you usually have cycles that are between 26 to 32 days long, you can start using CycleBeads on the first day of your next period.
- \* If you have recently been pregnant, or if you are using another method of birth control, you may not be able to start using CycleBeads right away. Read the following information carefully.

**NOTE:** CycleBeads are not a toy and should be kept in a safe place, away from children. CycleBeads do not protect against HIV/AIDS or any other sexually transmitted infections.



For more information, visit [www.cyclebeads.com](http://www.cyclebeads.com), or e-mail [info@cyclebeads.com](mailto:info@cyclebeads.com).

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## If you are using another method of birth control

If you have been using the 3-month Birth Control Shot, you can use CycleBeads ONLY if:

- \* Your cycles have returned to normal. This may take a while.
- \* Your cycles were between 26 and 32 days long before you started using the birth control shot.

What do you do?

- \* Wait until three full months have passed since your last shot.
- \* Be sure your 2 most recent cycles were between 26 and 32 days.
- \* Then you can start using CycleBeads on the first day of your next period.

If you have been using the Pill (oral contraceptives), the 1-month Birth Control Shot, or the Implant, you can use CycleBeads ONLY if:

- \* Your cycles were between 26 and 32 days long before you started using the method.
- \* Your 2 most recent cycles since stopping the method are between 26 and 32 days long.

What do you do?

- \* Be sure your 2 most recent cycles since stopping the method are between 26 and 32 days long.
- \* Then you can start using CycleBeads on the first day of your next period.

CycleBeads are based on a natural method of family planning called the Standard Days Method.<sup>®</sup> The Standard Days Method works best for women who have menstrual cycles between 26 and 32 days long. Days 8 through 19 of their cycle are the days women are likely to get pregnant if they have sex. On all other days of their cycle, pregnancy is very unlikely. Research on the Standard Days Method found that when used correctly it is more than 95% effective in helping women avoid pregnancy. Less than 5 out of every 100 women who kept careful track of their cycle days, and did not have sex on days 8 through 19 of their cycles, became pregnant during the first year of using the Standard Days Method. Women who did not keep careful track of their cycle days, or who had sex on days 8 through 19 of their cycles, were much more likely to get pregnant. In comparison, failure rates for some user-dependent methods during the first year of use are as follows:

	CORRECT USE (%)	TYPICAL USE (%)
Birth Control Pills (Combined)	0.3	8.0
Male Condom	2.0	15.0
Standard Days Method*	5.0	12.0
Diaphragm	6.0	16.0
Spermicides	15.0	29.0
No Contraceptive	85.0	85.0

Adapted from Hatcher RA et al., *Contraceptive Technology: 18th Edition*. New York, NY, 2004.

\*Arévalo M et al., *Contraception*, 2002; 65: 333-338.

If you have been using an IUD, you can use CycleBeads ONLY if:

- \* Your cycles have been between 26 and 32 days long while using the IUD.

What do you do?

- \* Be sure your last cycle was between 26 and 32 days long.
- \* After the IUD is removed, you can start using CycleBeads on the first day of your next period.

## If you have recently been pregnant

If you have just had a baby or you are breast-feeding, you can use CycleBeads ONLY if:

- \* Your cycles have returned to normal. This may take a while.
- \* Your cycles are between 26 and 32 days long.

What do you do?

- \* As soon as you start having your periods again, keep track of how long your cycles are.
- \* Wait until you have had 4 periods since your baby was born.
- \* Be sure your most recent cycle was between 26 and 32 days long.
- \* Then you can start using CycleBeads on the first day of your next period.

## Check with your doctor or clinic

- \* If you think you might be pregnant. If your period has not started within a week after you moved the ring past the last BROWN bead, you may be pregnant.
- \* If you had sex on a WHITE bead day.
- \* If more than once in a year your period started before you got to the DARK BROWN bead. Your cycles are less than 26 days long and CycleBeads will not work for you.
- \* If more than once in a year your period has not started by the day after you moved the ring to the last BROWN bead. Your cycles are more than 32 days long and CycleBeads will not work for you.

