

# Who Can Use the Standard Days Method® (SDM)

## Screening Checklist - Initial Visit

A woman can use the SDM if she meets **BOTH** of these conditions:

- She has most cycles between 26 and 32 days long, **and**
- She and her husband can abstain from sex on the fertile days.

## Determine Whether the SDM is Appropriate for the woman

### 1 Are her periods about a month apart (cycles between 26 and 32 days)?

**Ask:** ☞ Do your periods usually come when you expect them?

☞ Do your periods usually come about once a month?

*Periods that usually come about once a month indicate her cycles are between 26 and 32 days long.*

☞ When was the first day of your most recent period?

*If the woman knows the first day of her last period and confirms her periods come about once a month, she can start using the SDM immediately.*

*If the woman does not know the first day of her last period, she will have to wait until her next period to start the method.*

### 2 Can she and her spouse abstain from sex on the fertile days?

*Couples who want to avoid pregnancy must abstain from sex on the fertile days.*

#### Consider circumstances that can affect cycle length:

##### If she is **POSTPARTUM** or **BREASTFEEDING**

- ☞ Has she had four periods since her baby was born?
- ☞ Were her last two periods about a month apart?

##### If she recently used the **3-MONTH INJECTION**

- ☞ Have three months passed since her last shot? Have her periods returned?
- ☞ Were her last three periods about a month apart?

##### If she recently used the **PILL, PATCH, 1-MONTH INJECTION, IMPLANT, HORMONAL IUD, or RING**

- ☞ Were her periods about a month apart prior to using any of these methods?
- ☞ Were her last three periods, since stopping the method, about a month apart?

##### If she had a **NON-HORMONAL IUD**

- ☞ Were her periods about a month apart while using the IUD?
- ☞ Were her last two periods about a month apart?

##### If she recently had a **MISCARRIAGE**

- ☞ Were her last two periods about a month apart before getting pregnant or using EC?

If the answer to **ALL** questions is “YES,” the method is appropriate for the woman.

# How to Use CycleBeads®

## NFP Teacher Cue Card

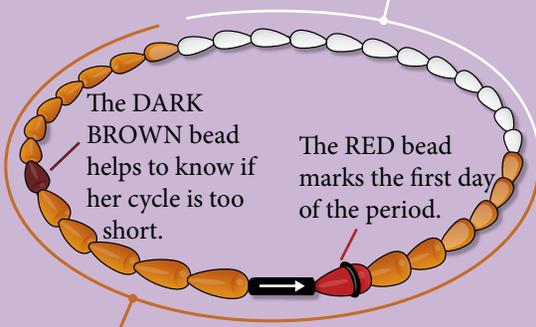
CycleBeads are based on the Standard Days Method (SDM), a natural family planning method that is more than 95% effective when used correctly.

A woman can use this method if her cycles last between 26 and 32 days. Women who have their periods about once a month have cycles in this range.

CycleBeads help a woman and her spouse know when to abstain from sex to prevent a pregnancy.

### CycleBeads represent the menstrual cycle. Each bead is a day of the cycle.

The WHITE beads represent days when a woman CAN GET PREGNANT.

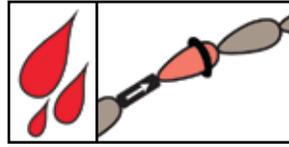


The BROWN beads represent days when pregnancy is unlikely.

### When can a woman who meets the eligibility criteria start using CycleBeads?

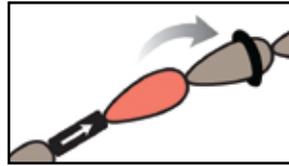
- If she can remember the day her last period started, she can start using CycleBeads immediately.
- If she does not remember the date her last period started, she can begin using CycleBeads when her next period starts.
- If she recently was pregnant, is breastfeeding or if she recently used another method, she can start using CycleBeads when her next period starts provided she meets the conditions pertaining to her circumstance.

## How to Use CycleBeads



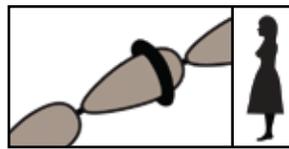
On the first day of your period move the ring to the RED bead.

Also mark that day on your calendar.



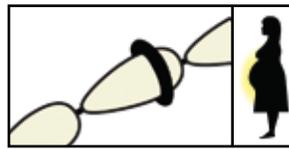
Every morning move the ring to the next bead. Always move the ring in the direction of the arrow.

Move the ring even on days when you have your period.



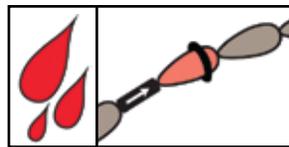
When the ring is on a BROWN bead you can have sexual intercourse.

These are days when pregnancy is very unlikely.



When the ring is on any WHITE bead, abstain from sex to prevent pregnancy.

These are days when you can get pregnant.



The day your next period starts, move the ring to the RED bead again. Skip over any remaining beads. Your period signals that a new cycle has started.

### Be sure your cycles are in range:

- If you start your period before you put the ring on the DARK BROWN bead, it means your cycle is less than 26 days.
- If you have not started your period by the day after you put the ring on the last BROWN bead, it means your cycle is longer than 32 days.

If more than once in a year your cycle is shorter than 26, or longer than 32 days, this method will not work for you. See your NFP teacher.

If you forget whether you moved the ring, check in your calendar when your period began. Count the days since your period began and move the ring the same number of beads starting with the RED bead.



### Contact your NFP teacher if:

- you think you might be pregnant
- you had more than one cycle out of range in a year
- you had sex on a white bead day



For the health of the mother and the baby, wait at least 2 years before trying to become pregnant again.