

The TwoDay Method of family planning is a natural method that helps a woman identify days she can get pregnant by checking her cervical secretions. When used correctly, it is more than 96% effective in preventing pregnancy.

This checklist helps the NFP teacher assist the woman and couple decide if this method is appropriate for them.

- A woman can use the TwoDay Method if:
 - her secretions are healthy, and
 - the couple can avoid having sex on the days she can get pregnant.
- The TwoDay Method requires her to check for secretions at least twice every day, in the afternoon and before she goes to bed.

To use the TwoDay Method:

1. Determine if the woman's secretions are healthy.

Ask the woman these questions to help you assess:

- Have you ever noticed secretions?
- What do they look like?
- Are the secretions itchy, painful or smell bad?

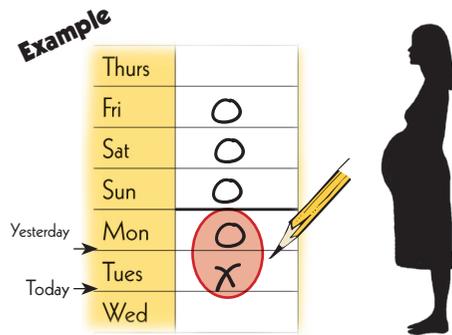
2. Determine if the couple can avoid having sex on days she can become pregnant.

Ask the woman or couple these questions to help you assess:

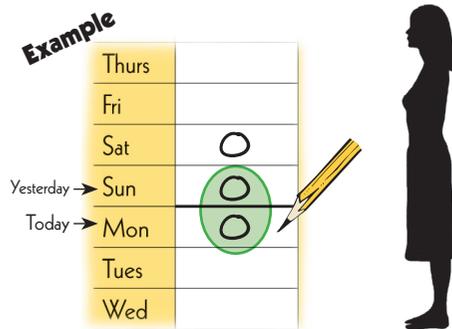
- Would both of you be able to avoid having sex for several days in a row when the woman is fertile and can become pregnant?
- Can you talk openly with each other about when you want to have sex and when to avoid it?

How does this method work?

Today you can get pregnant if you had secretions **today OR yesterday**. To prevent pregnancy do not have sex today.

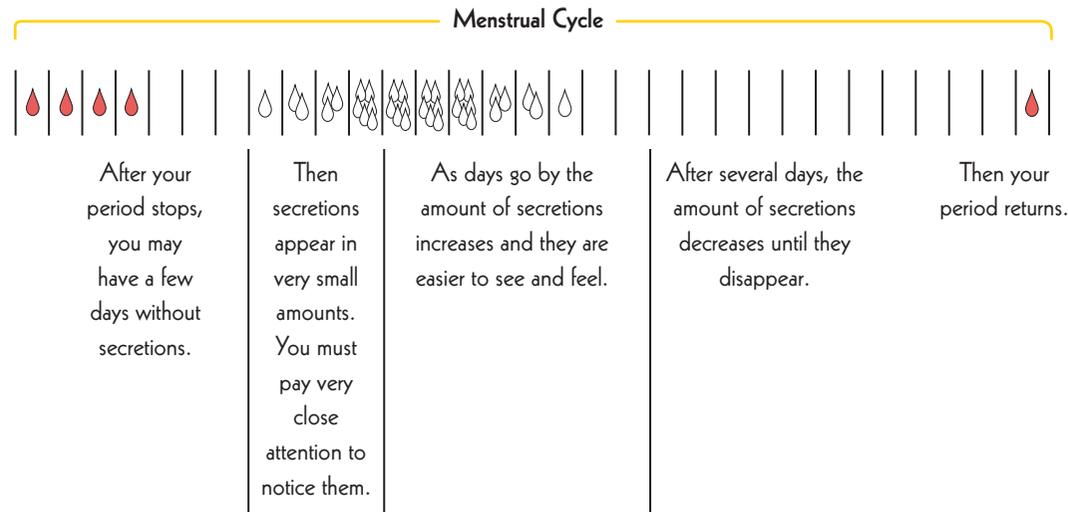


Today pregnancy is unlikely if you **did not** have secretions both **today AND yesterday** (for two days in a row).



What are secretions like?

Secretions are not always the same. As days go by, they look and feel different. Once they start, secretions continue for several days in a row.

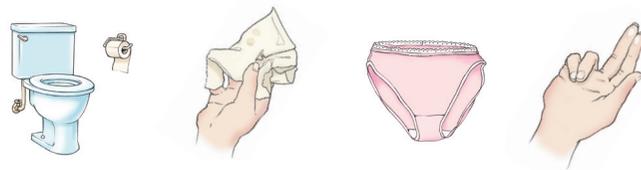


How can I tell if I have secretions?

You can tell if you have secretions by seeing, touching or feeling them. Check your secretions at least twice everyday, in the afternoon and before you go to bed.

You can **see or touch** them when you go to the bathroom. You can look for secretions on the toilet paper, on your underwear or touching your genital area.

SEE or TOUCH



You can also **feel** them by paying attention to any moisture in your genital area without stopping your daily activities.

FEEL



• If you have recently given birth or are breastfeeding, you will probably have many more days with secretions and very few days with no secretions. As your cycles gradually become more regular, so will your secretions.

• If you recently used a hormonal method of family planning, you may have more (or fewer) days with secretions for a few months.

Return to your provider if:

- You have difficulty seeing or feeling your secretions.
- If you have secretions that are itchy, painful or smell bad.
- If you or your partner have difficulty avoiding using condoms or not having sex on your fertile days.
- If you have secretions for less than 5 days in a row.
- If your period has not started and you think you may be pregnant.