

FACT SHEET

TwoDay Method®

What is it?

TwoDay Method® is a fertility awareness-based method that relies on the presence of cervical secretions as the sign of a woman's fertility. It is based on a simple algorithm requiring only that the woman determine the presence or absence of cervical secretions on a daily basis. A TwoDay Method user considers herself fertile "today" if: (1) she notices any cervical secretions today, or (2) she noticed any secretions yesterday. If she did not notice any cervical secretions today or yesterday (two consecutive days with no noticeable secretions) her probability of pregnancy "today" is very low.



To assess when pregnancy is likely or unlikely, a woman can use a recording card like this one to track her secretions and determine her fertile and infertile days.

How does it work?

TwoDay Method works by helping a woman know on which days of her menstrual cycle she is fertile and which days she

is not. On days she identifies as fertile (i.e. can get pregnant), the woman and her spouse should abstain if they do not desire to become pregnant.

How well does it work to prevent pregnancy?

TwoDay Method works very well to prevent pregnancy. For every 100 women who use it correctly for 1 year, fewer than 4 will get pregnant, which means it is 96% effective preventing pregnancy. With typical use, the TwoDay Method is 86% effective.

Advantages

- Does **not** cause any physical side effects
- Effective and reversible
- Simple to teach and learn
- Inexpensive
- Can be used by women who prefer not to use methods that contain hormones such as oral contraceptives, contraceptive injection, or that require medical procedure such as the IUD
- Can be used by women with any cycle length and can be started at any point in their cycle
- Allows both the woman and her spouse to be responsible for planning their family

Disadvantages

- Offers no protection against HIV or other STIs
- Requires cooperation by the husband for managing abstinence during the fertile days

Contact your NFP teacher if:

- You have less than 5 days or more than 14 days of secretions
- You/your spouse experience difficulty managing the fertile days
- You experience symptoms of or exposure to a STI
- You want to stop using TwoDay Method