

# Introduction

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Thank you for your interest in the Standard Days Method (SDM)<sup>®</sup> and CycleBeads<sup>®</sup>.<sup>1</sup> This fertility awareness-based approach provides women with a natural, easy-to-use family planning method. It also offers reproductive health programs a low-cost option that may address some of their current clients' needs and/or attract new clients that may not have used their services before.

## Purpose

The purpose of this toolkit is to provide programs with guidelines for establishing a supply of CycleBeads in their country or region. The information in this toolkit will help program managers estimate demand and the cost of different supply methods. While most programs will find it easiest and most cost-effective to purchase fully assembled CycleBeads from the manufacturer, Cycle Technologies, Inc., some programs may have reasons for interest in local printing of informational materials. Some programs may even consider local assembly or manufacturing of CycleBeads.

Therefore, this toolkit provides extensive information for programs considering these options. In particular it provides guidance for a qualified organization (such as one with previous manufacturing experience) considering local manufacturing. It also outlines the most critical requirements for manufacturing and assembly, as well as the requirements for CycleBeads design and quality control (QC).

The contents of this document should be used in conjunction with discussions with the Georgetown University Institute for Reproductive Health (IRH) and Cycle Technologies to determine the most appropriate method for supplying CycleBeads to a country or region.

## Method and Product Background

CycleBeads are a string of teardrop-shaped, colored beads that represent each day of a woman's menstrual cycle. They help a woman know if she is on a day when pregnancy is likely or on a day when pregnancy is very unlikely. CycleBeads are based on the SDM of family planning. Studies have shown that this method is more than 95 percent effective when used correctly.<sup>2</sup> CycleBeads are a relatively simple device in both design and manufacture. However, because of their critical use as a family planning method and issues that have arisen with past manufacturing efforts, CycleBeads production requires attention to specific standards of quality.

CycleBeads is a patented technology developed by Georgetown University, based on research conducted by IRH. CycleBeads are manufactured and distributed under license by Cycle Technologies, Inc. When appropriate, Cycle Technologies also sublicenses production and distribution to local manufacturing partners.

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<sup>1</sup> Standard Days Method and CycleBeads are registered trademarks of Georgetown University.

<sup>2</sup> Arévalo M, Jennings V, Sinai I. Efficacy of a new method of family planning: the Standard Days Method. *Contraception*. 2002;65(5):333–338.