



 **CycleBeads™**

**NATURAL, EFFECTIVE FAMILY PLANNING**



# What are CycleBeads?

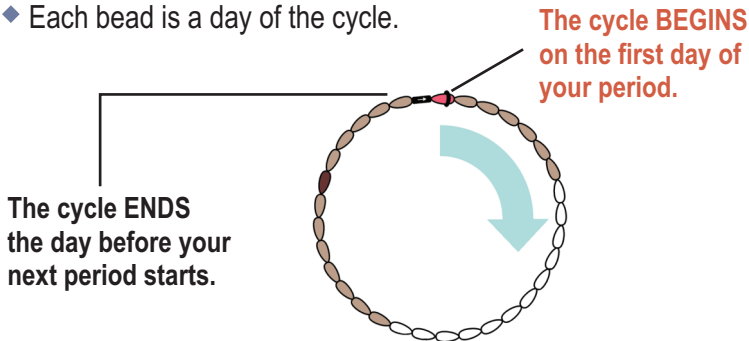
- ◆ CycleBeads are a string of colored beads.
- ◆ The colors of CycleBeads help you know the days when you can get pregnant.
- ◆ They also help you know the days you are not likely to get pregnant.
- ◆ To prevent a pregnancy do not have unprotected sex on the days you can get pregnant.



**CycleBeads are based on a natural method of family planning that is 95% effective when used correctly. This means that only 5 out of 100 women may get pregnant when the method is used correctly.**

# CycleBeads and the Menstrual Cycle

- ◆ CycleBeads represent a woman's menstrual cycle.
- ◆ Each bead is a day of the cycle.



Your menstrual cycle is not the same thing as your period.  
Your period is when you have menstrual bleeding.  
Your cycle includes all days from the start of one period to the day before your next period.

# Who Can Use CycleBeads?

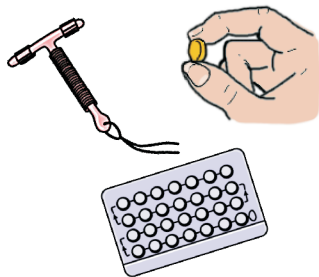
- ◆ Women who have cycles that are between 26 and 32 days long.



- ◆ Couples who communicate well and agree to not have unprotected sex when the woman can get pregnant.

# You may need to wait awhile before using CycleBeads.

- ◆ If you recently had a baby or you are breastfeeding, talk to your healthcare provider before using CycleBeads.



- ◆ If you recently used another family planning method, talk to your provider before using CycleBeads.

**In these cases you must learn more about your cycles.  
Talk to your healthcare provider.**

# What do the colors mean?

CycleBeads are a string of 32 beads, a rubber ring and a cylinder with an arrow.

The **ARROW** shows the direction to move the ring.

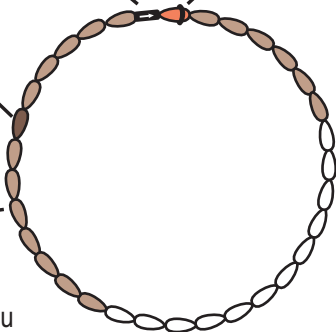
The **RED** bead marks the first day of your period.



The **DARK BROWN** bead helps you know if your cycle is **shorter than 26 days**.



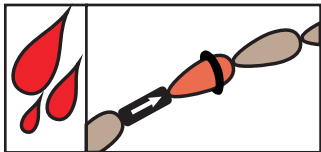
All **BROWN** beads mark the days when you are not likely to get pregnant.



All **WHITE** beads mark the days when **you can get pregnant**.

# How do you use CycleBeads?

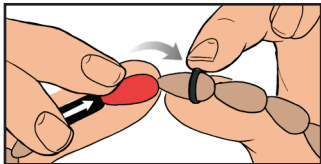
1. The day you get your period move the ring to the RED bead.



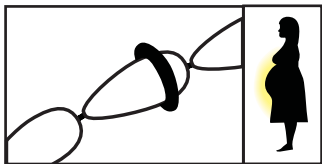
2. Also, mark that day on your calendar



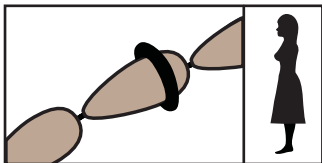
3. Move the ring one bead each day. Move it even on the days when you have your period.



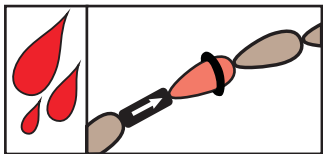
4. Do not have unprotected sex when the ring is on any **WHITE** bead. You can get pregnant on those days.



5. You can have sex when the ring is on any **BROWN** bead. You are not likely to get pregnant on those days.

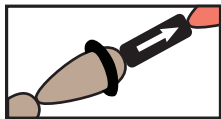
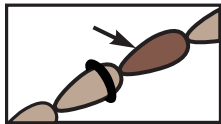


6. Move the ring to the **RED** bead again when your next period starts. Skip over any beads that are left.



# When to contact your healthcare provider.

- ◆ If you had unprotected sex on a **WHITE** bead day, contact your provider.
- ◆ If you think you might be pregnant because you have not gotten your period, contact your provider.
- ◆ If you get your period before you reach the **DARK BROWN** bead, this means that your cycle is shorter than 26 days. Contact your provider.
- ◆ If your period does not start by the **DAY AFTER** you reach the last brown bead, this means your cycle is longer than 32 days. Contact your provider.



If more than once a year your cycle is shorter than 26 days or longer than 32 days, CycleBeads will NOT work for you.

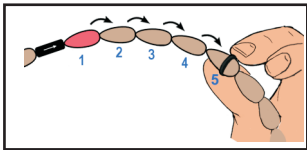
# What if you forget to move the ring?

It is important that you remember to move the ring every day. If you forget to move the ring, follow these instructions.

1. Check on your calendar the date you got your last period.
2. Starting with that day, count the number of days that have passed including today.



3. Then starting with the red bead, count the same number of beads and place the ring on the bead for today.



# Remember

## For CycleBeads to work for you:



Your cycles must always be between **26** and **32 days long**. If more than once a year your cycle is shorter than 26 days or longer than 32 days, CycleBeads will NOT work for you.



Start using CycleBeads the day you get your period.



Move the ring every day.



Do not have unprotected sex on the **WHITE** bead days.

# Will CycleBeads work for you?

**CycleBeads work best for women with cycles between 26 and 32 days long.**

To know if your cycles are between 26 and 32 days long, answer both questions.



**YES**

**NO**

<b>1)</b> Do your periods usually come when you expect them?		
<b>2)</b> Do your periods come about a month apart?		

If you answered **YES** to **BOTH** **QUESTIONS**, your cycles are between 26 and 32 days long. Start using CycleBeads the day you get your next period.

If you answered **NO** to **EITHER** question, CycleBeads will not work for you. Consider another method.

## **ATTENTION:**

**If you are not sure about the length of your cycle, talk with your provider.**

# Have you recently been pregnant or are breastfeeding?



Answering these two questions may help you know if CycleBeads will work for you.

	YES	NO
1) Have you had at least 4 periods after your baby was born?		
2) Was your last cycle between 26 and 32 days long?		

If you answered YES to BOTH QUESTIONS, you can use CycleBeads. Start using them the day you get your next period.

If you answered NO to EITHER question, CycleBeads will not work for you. Consider another method.

## ATTENTION:

If you are not sure about the length of your cycle, talk with your provider.

# Have you recently used the 3-month injection?



Answering these questions may help you know if CycleBeads will work for you.

YES

NO

1) Were your cycles between 26 and 32 days long before using the injection?		
2) Have 3 months passed since your last injection?		
3) Was your last cycle between 26 and 32 days long?		

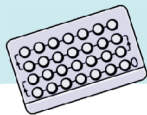
If you answered YES to ALL THREE QUESTIONS, you can use CycleBeads. Start using them the day you get your next period.

If you answered NO to ANY question, CycleBeads will not work for you. Consider another method.

## ATTENTION:

If you are not sure about the length of your cycle, talk with your provider.

# Have you recently used the Pill?



Answering this question may help you know if CycleBeads will work for you.

YES

NO

- |  |  |  |
|--|--|--|
| 1) Were your cycles between 26 and 32 days long before using the pill? |  |  |
|--|--|--|

If you answered YES, you can use CycleBeads. Finish your current packet of pills if you have not finished it yet. Then you can use CycleBeads the day you get your next period.

If you answered NO, CycleBeads will not work for you. Consider another method.

## ATTENTION:

If you are not sure about the length of your cycle, talk with your provider.

# Have you recently used the IUD?



Answering these questions may help you know if CycleBeads will work for you.

	YES	NO
1) Were your cycles between 26 and 32 days long while using the IUD?		
2) Has the IUD been removed?		

If you answered YES TO BOTH QUESTIONS, you can use CycleBeads. Start using them the day you get your next period.

If you answered NO to EITHER question, CycleBeads will not work for you. Consider another method.

## ATTENTION:

If you are not sure about the length of your cycle, talk with your provider.

# Have you recently used emergency contraception?



Answering this question may help you know if CycleBeads will work for you.

	YES	NO
1) Were your cycles between 26 and 32 days long before taking emergency contraception?		

If you answered YES, you can start using CycleBeads. Start using them the day you get your next period.

If you answered NO, CycleBeads will not work for you. Consider another method.

## ATTENTION:

If you are not sure about the length of your cycle, talk with your provider.





 CycleBeads™

- ◆ CycleBeads do not protect against HIV/AIDS or other sexually transmitted infections.
- ◆ CycleBeads are not a toy. Keep them in a safe place, away from children.

U.S. patent No. 6,747,917 B2. Foreign patents pending.  
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