

Can the Standard Days Method work for the woman and the couple?

WOMAN



If the answer to any of these questions is NO, the SDM will not work for the client now.

YES NO

<p>Cycle length</p>		<ul style="list-style-type: none"> Are her menstrual cycles between 26 and 32 days? <ul style="list-style-type: none"> Do your periods usually come when you expect them? When was the first day of your most recent period? When do you expect your next period? — Calculate cycle length — <p>If the woman cannot remember the date her period started, ask:</p> <ul style="list-style-type: none"> Do your periods usually come when you expect them? Do your periods usually come about a month apart? — Estimate whether her cycle is between 26 and 32 days long —		
SPECIAL CASES	<p>Women who just had a baby or are breastfeeding</p>	<ul style="list-style-type: none"> Has she had at least four consecutive periods since her baby was born? Was her last cycle between 26 to 32 days long? 		
	<p>Women who recently used the 2- or 3-month injection</p>	<ul style="list-style-type: none"> Have 3 months passed since her last injection? Have her menstrual cycles returned to normal? Was her last cycle between 26 and 32 days? Were her cycles between 26 to 32 days before using the injection? 		
	<p>Women who recently used the pill, 1-month injection, implant, or emergency contraception</p>	<ul style="list-style-type: none"> Were her cycles between 26 to 32 days before using the method? 		
	<p>Women who have used an IUD</p>	<ul style="list-style-type: none"> Has it been removed? Were her cycles between 26 to 32 days while using the IUD? 		
	<p>Women who just had an abortion or miscarriage, or used emergency contraception</p>	<ul style="list-style-type: none"> Did she have cycles between 26 to 32 days before getting pregnant? Has her period returned? 		

COUPLE



If the answer to any of these questions is NO, the Standard Days Method will not work well for the couple right now.

YES NO

	<ul style="list-style-type: none"> Do the man and the woman want to avoid pregnancy at this time? 		
	<ul style="list-style-type: none"> Can the man and the woman avoid unprotected sex on the white bead days? 		
	<ul style="list-style-type: none"> Are they free of risk of getting a sexually transmitted disease? 		

Does the method still work for the woman and the couple?

WOMAN



If the answer to any of these questions is NO, the Standard Days Method will not work well for the client right now.

YES NO

	<input type="checkbox"/> Are her menstrual cycles between 26 and 32 days long?		
	<input type="checkbox"/> Was her last cycle between 26 and 32 days long?		

COUPLE



If the answer to any of these questions is NO, the Standard Days Method will not work well for the couple right now.

YES NO

	<input type="checkbox"/> Do the man and the woman want to avoid a pregnancy at this time?		
	<input type="checkbox"/> Can the man and the woman avoid unprotected sex on the white bead days?		
	<input type="checkbox"/> Are both satisfied with the method? <input type="checkbox"/> Do they want to continue using the method?		
	<input type="checkbox"/> Are they free of risk of getting a sexually transmitted disease?		
	<input type="checkbox"/> Is the couple able to use CycleBeads correctly?		