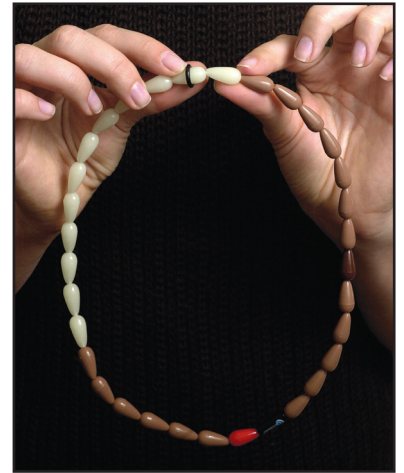


All About CycleBeads®

CycleBeads® are a string of color-coded beads that help a woman know what days of her menstrual cycle she can get pregnant.

To keep from getting pregnant, she can choose **not** to have sex on those days. Or she can choose to use another method, like condoms, to prevent pregnancy.

CycleBeads help a woman know the days she can and cannot get pregnant.



How do CycleBeads work?

CycleBeads work for women with periods between 26 and 32 days apart. CycleBeads show 12 days during a woman's cycle when she could get pregnant. By moving the CycleBeads ring every day, you will be able to see what days you are likely to get pregnant. This is when the ring is on any of the white beads.

To prevent pregnancy the woman and her partner use a barrier method, like condoms or the diaphragm, when the ring is on a white bead. Or, the couple can choose not to have sex at all on those days.



Together, couples use CycleBeads to prevent pregnancy.

How do I get CycleBeads?

You can:

- Get CycleBeads at a clinic.
- Buy them at some drug stores.
- Go online to www.cyclebeads.com

Talk to your provider about:

- How often you get your period.
- If you are breastfeeding or had a baby in the last few months.
- If you used another birth control method, had a miscarriage or abortion in the last few months.

How well does it work?

When used the right way, CycleBeads are good at keeping a woman from getting pregnant. About 5 to 12 women out of 100 who use CycleBeads for a year may get pregnant.

What people like about CycleBeads:

- It is natural and does not have hormones.
- It does not cause health problems.
- It helps couples learn about the woman's menstrual cycle.

What some people don't like:

- It is **not** for women with cycles shorter than 26 days or longer than 32 days.
- You need to move the CycleBeads ring each day.

What do the beads mean?

CycleBeads have 32 beads including:

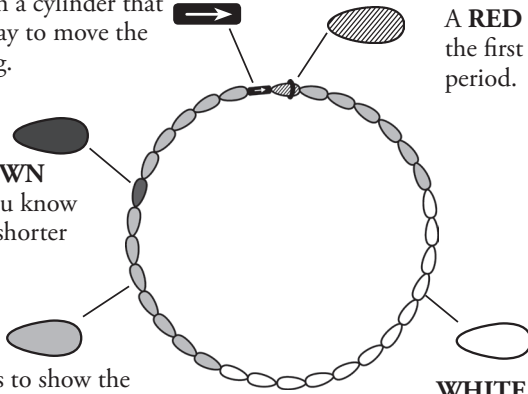
An **ARROW** on a cylinder that shows which way to move the CycleBeads ring.



A **RED** bead to mark the first day of your period.

A **DARK BROWN** bead to help you know if your cycle is shorter than 26 days.

BROWN beads to show the days when you are **NOT** likely to get pregnant.



WHITE beads to show the days you can get pregnant.

Using CycleBeads will not protect you from HIV (the virus that causes AIDS) or other diseases you can get from having sex.

*Use condoms
(for men or women)
every time you have sex,
to help protect yourself
from these diseases.*

How do I use CycleBeads?

Start using CycleBeads the day your provider suggests.

1. The first 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. When the ring is on the **white** bead days, use a condom or do not have sex. You could 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.

What if I forget to move the ring?

It is important to move the ring every day. If you forget to move the ring:

- Check on the calendar for the date you got your last period.
- Start with that day and count the number of days that have passed including today.
- Then starting with the red bead, count the same number of beads and place the ring on the bead for today.

When should I call my provider?

Call your provider:

- If you have sex without a condom or other barrier method on a **white** bead day. You can also call your drug store. Ask about emergency contraceptive pills.
- If you think you might be pregnant because you have not gotten your period.
- If you get your period before you reach the **dark brown** bead. This means your cycle is **shorter than 26 days**. Ask your provider for advice.
- If you have a period that does not start by the **day after** you reach the last brown bead. This means your cycle is **longer than 32 days**. Ask your provider for advice.

If it happens that your cycle is shorter than 26 days or longer than 32 days more than once a year, CycleBeads will **not** work for you. Talk with your provider about other methods.

Things to remember:

- Move the CycleBeads ring every day.
- Use CycleBeads to track how long your cycle is. Make sure your cycles are between 26 and 32 days long.
- Talk with your partner before you start the method. Decide together how you will prevent pregnancy on white bead days.
 - You can use a barrier method, like condoms.
 - Or, you can choose not to have sex during those days.