

The Client Card helps you to keep track of your secretions to identify your fertile days.

How to Use the TwoDay Method

Look for the day of the week your period started and begin marking on that day.

Mark:

- the days you have your period
- the days you do not have secretions
- X the days you have secretions

Remember to mark every night before going to bed.

When can you get pregnant?

- X
- X
- X
X
- X
○



Pregnancy is likely if you had secretions (X) today OR yesterday. Do not have unprotected sex today.

When is pregnancy unlikely?

- ●
- ○
- ○



Pregnancy is unlikely today if you are on your period or if you did not have secretions today AND yesterday.

Date your period starts

Cycle 1

| | |
|-------|--|
| Sun | |
| Mon | |
| Tues | |
| Wed | |
| Thurs | |
| Fri | |
| Sat | |
| Sun | |
| Mon | |
| Tues | |
| Wed | |
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| Sat | |
| Sun | |
| Mon | |
| Tues | |
| Wed | |
| Thurs | |
| Fri | |
| Sat | |

Caution

Visit your health center in the following cases:

- If you have difficulty seeing or feeling your secretions
- If you or your partner have difficulty avoiding unprotected sex on your fertile days
- If you have secretions for less than 5 days in a row
- If you have secretions for more than 14 days in a row
- If your period has not started and you think you may be pregnant

Date of first visit

Date of follow-up visit



TwoDay Method

This natural method of family planning helps a woman know the days she can get pregnant by checking for secretions. It is more than 96% effective in preventing pregnancy.

How does this method work?

Today you can get pregnant if you had secretions **today OR yesterday**. To prevent pregnancy do not have unprotected sex today.

Example

| | |
|-----------------|---|
| Thurs | |
| Fri | ○ |
| Sat | ○ |
| Sun | ○ |
| Yesterday → Mon | ○ |
| Today → Tues | ⊗ |
| Wed | |



Today pregnancy is unlikely if you **did not** have secretions **today AND yesterday**.

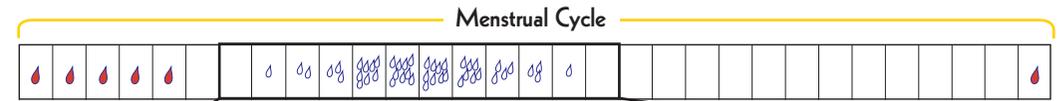
Example

| | |
|-----------------|---|
| Thurs | |
| Fri | |
| Sat | ○ |
| Yesterday → Sun | ○ |
| Today → Mon | ○ |
| Tues | |
| Wed | |



What are secretions like?

Secretions are not always the same. As days go by, they look and feel different. Once they start, secretions continue for several days in a row.



After your period stops, you may have a few days without secretions.

Then secretions appear in very small amounts. You must pay very close attention to notice them.

As days go by the amount of secretions increases and they are easier to see and feel.

After several days, the amount of secretions decreases until they disappear. Then your period returns.

Remember

Even if they feel or look different, ANY secretion indicates that you can get pregnant.

How can I tell if I have secretions?

You can tell if you have secretions by seeing, touching or feeling them.

You can **see or touch** them when you go to the bathroom. You can look for secretions on the toilet paper, on your underwear or by touching your genital area.



SEE or TOUCH



Pay attention to your secretions two times a day, starting at noon.

You can also **feel** them by paying attention to any moisture in your genital area without interrupting your daily activities.



FEEL

