

## SHOULD I TALK WITH MY HEALTHCARE PROVIDER?

Yes. It is important that you discuss your concerns about family planning and how CycleBeads will work for you and your partner. You will need to be able to tell your provider about the lengths of your menstrual cycles, your most recent pregnancy, and current or previous birth control methods you have used. Your healthcare provider can also help you to select the right method by answering questions about sexually transmitted diseases and discussing other methods to prevent pregnancy.

## WHO CAN USE CYCLEBEADS?

CycleBeads are for women who want a natural, effective approach to family planning, and have regular menstrual cycles between 26 and 32 days long.

*"CycleBeads are a visual reminder for me and my husband. He doesn't have to ask or keep track of my cycle."*

*"I like that CycleBeads are natural. I don't want to put anything into my body."*



For more information on CycleBeads visit

[www.CYCLEBEADS.com](http://www.CYCLEBEADS.com)

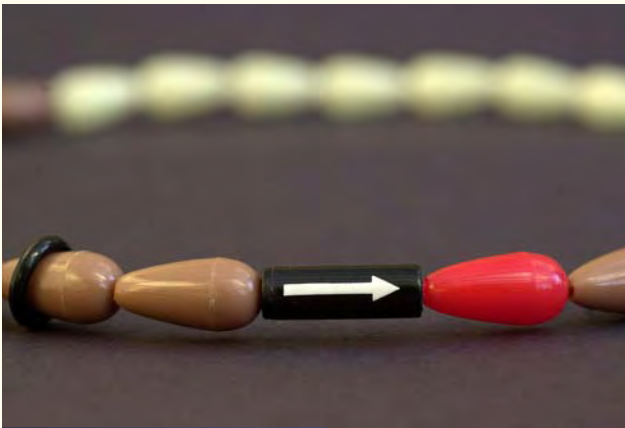
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 CycleBeads™

plan or  
prevent  
pregnancy  
naturally





## HOW DO I USE CYCLEBEADS?

CycleBeads are for women who have regular menstrual cycles between 26 and 32 days long. The day you start your period, put the ring on the red bead. Then, simply move the ring one bead each day in the direction of the arrow. When you start your next period, move the ring to the red bead and begin again.

The color of the beads tells you whether or not you are likely to get pregnant that day. When the ring is on any of the brown beads, you are very unlikely to get pregnant. When the ring is on any of the white beads, you are very likely to get pregnant.

## WHAT ARE CYCLEBEADS?

CycleBeads are a string of colored beads that represent each day of a woman's menstrual cycle. They help you know if you are on a day when pregnancy is likely or on a day when pregnancy is very unlikely.

**EASY** – CycleBeads are a simple tool that clearly shows where you are in your cycle. They tell you whether or not you are likely to get pregnant that day.

**EFFECTIVE** – CycleBeads are based on the Standard Days Method™ of family planning. Studies\* have shown that this method is more than 95% effective when used correctly. Less than 5 out of 100 women will get pregnant during the first year of use when they keep track of their cycle days and avoid unprotected sex during fertile days.

\* Arevalo M. et al (Institute for Reproductive Health, Georgetown University), *Contraception*, 2002; 65: 333-338.



- If you do NOT want to get pregnant, do not have unprotected sex when the ring is on a white bead.
- If you DO want to get pregnant, you should have sex when the ring is on the white beads.

*"I find that CycleBeads make a potentially complicated subject easy."*



## ARE CYCLEBEADS RIGHT FOR ME?

✓ *CycleBeads are a good choice for me if:*

- [ ] I want a natural method, with no side effects.
- [ ] My menstrual cycle is usually between 26 and 32 days long. (Your menstrual cycle begins the first day of your period and ends the day before your next period starts.)
- [ ] My partner and I can avoid unprotected sex on the 12 days when the ring is on the white beads.
- [ ] I want to easily understand my menstrual cycle.
- [ ] I want an inexpensive way to prevent pregnancy.

✗ *CycleBeads are NOT a good choice for me if:*

- [ ] My menstrual cycles are often less than 26 days long or more than 32 days long.
- [ ] My partner and I can't avoid unprotected sex on the 12 days when the ring is on the white beads.
- [ ] I can't make CycleBeads part of my daily routine and I will often forget to move the ring.
- [ ] I need something that will protect me from sexually transmitted diseases.