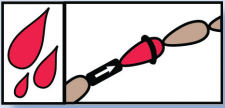


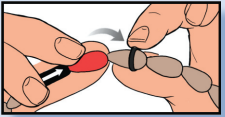
## How do you use CycleBeads?



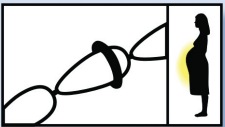
The day you get your period move the ring to the **RED** bead.



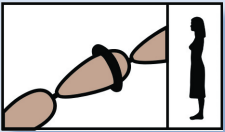
Also, mark that day on your calendar.



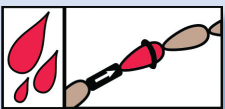
Move the ring one bead each day. Move it even on the days when you have your period.



Use a condom or do not have sex when the ring is on any **WHITE** bead. You can get pregnant on those days.



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



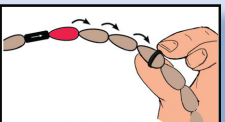
Move the ring to the **RED** bead again when your next period starts. Skip over any beads that are left.

### It is important that you remember to move the ring every day



If you forget to move the ring, check on your calendar the date you got your last period.

Starting with that day, 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.

## 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.
- Talk with your partner before starting the method. Decide together how you will prevent pregnancy on white bead days.
- Talk with your provider about when you can start using CycleBeads.
- Move the ring every day.
- Use a condom or do not have sex on the **WHITE** bead days.



## CycleBeads®

CycleBeads will not protect you from HIV/AIDS or other diseases people can get from having sex. Condoms help protect you and your partner.

# CycleBeads®



## It Takes Two!

CycleBeads are a natural and effective birth control option.



Tri-City  
Health  
Center

For more information call:  
**Tri-City Health Center**  
39500 Liberty St.  
Fremont, CA 94538

**510-770-8040**  
[www.tricityhealth.org](http://www.tricityhealth.org)

## What are CycleBeads?

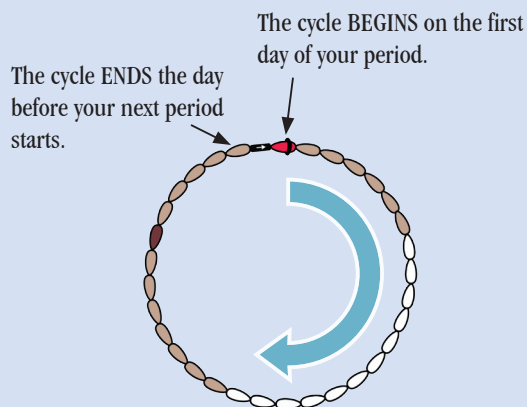
- ◆ CycleBeads are a string of color-coded beads that helps you know the days when you can get pregnant.
- ◆ They also help you know the days when you are not likely to get pregnant.
- ◆ To avoid pregnancy, use a condom or do not have sex on the days you can get pregnant.



CycleBeads are based on a birth control method that is **95% effective** when used correctly.

### CycleBeads and the menstrual cycle

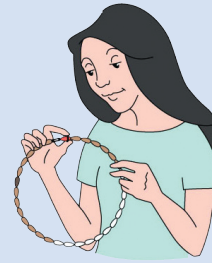
- ◆ CycleBeads represent a woman's menstrual cycle.
- ◆ Each bead is a day of the cycle.



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. Each time you get your period, a new cycle begins.

## Who can use CycleBeads to avoid pregnancy?

- ◆ Women who have cycles that are between 26 and 32 days long.
- ◆ Couples who communicate well and agree to use condoms or not have sex when the woman is likely to get pregnant.



A healthcare provider will ask you questions to find out if your cycles are 26 to 32 days long.

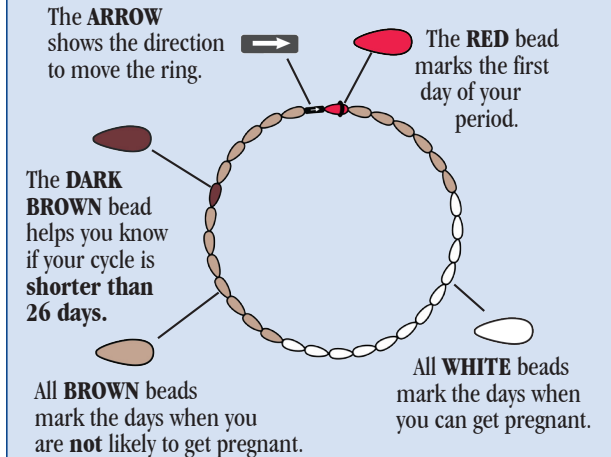
### You may need to wait awhile before using CycleBeads

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



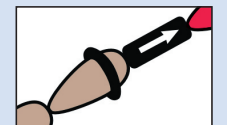
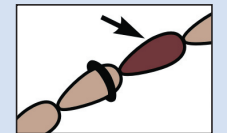
## What do the colors mean?

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



### When to contact your healthcare provider

- ◆ If you had sex without a condom on a **WHITE** bead day, contact your provider right away. Ask about emergency contraceptive pills.
- ◆ 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 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. Talk to your provider about other methods.