



There are many benefits to using CycleBeads.

- | They are a natural option.
- | They have no side effects.
- | They do not involve surgery or drugs.
- | They do not require frequent visits to the health care provider or pharmacy.
- | They help my partner and me to understand my fertility cycle.
- | They help us decide when to have sex.
- | This option is reversible if my family planning decisions change.

My health care professional will help me decide if CycleBeads are right for me.

We will need to discuss my most recent period and the length of my menstrual cycles; my most recent pregnancy; and current and previous use of birth control methods.

It is important to discuss my partner's and my concerns about preventing pregnancy and how this method will fit into our lifestyles. My health care professional can also answer questions about other methods to prevent pregnancy and concerns about sexually transmitted diseases, to be sure I select the method that is right for me.



For more information about CycleBeads:
www.cyclebeads.com

CycleBeads™

CycleBeads™

are a string of colored beads that represent each day of a woman's menstrual cycle. They can help determine when you are likely to get pregnant if you have unprotected sex.

Natural,
effective
family
planning



CycleBeads are easy to use and are highly effective.

EASY • CycleBeads are an easy-to-use tool to follow each day of a woman's cycle.

EFFECTIVE • CycleBeads are based on the Standard Days Method of family planning. This method is 95% effective when used correctly. Less than 5 out of 100 women will get pregnant when they keep track of each day of their cycle and do not have unprotected intercourse during fertile days.

“ I liked the method immediately because it has clear instructions on how to avoid pregnancy. Sometimes my husband helps me to move the ring—he usually does this when the ring is almost on the brown beads.

—Housewife in her mid-thirties.

What are CycleBeads?

CycleBeads are a visual aid to:

- | Help women track the days of their menstrual cycle.
- | Identify days that a woman is likely to get pregnant and days when pregnancy is unlikely.
- | Increase understanding about fertility.
- | Promote communication between partners.
- | Help partners to make decisions about sex during the fertile days.



“When I see the beads, I know whether it is a day that she could get pregnant and we know what we need to do.”

— Partner in his late-twenties.

How are CycleBeads used?

CycleBeads represent the woman's menstrual cycle. The cycle begins on the first day of her period and ends the day before her next period starts. A woman is fertile only on certain days of her cycle. *CycleBeads* identify twelve days as the woman's fertile phase; these days are indicated by white beads. On the days indicated by the dark beads, a woman has a very low risk of becoming pregnant.

CycleBeads work well for women with cycles between 26 to 32 days long. To avoid a pregnancy the couple does not have unprotected sex during the twelve fertile days indicated by the white beads.

How do I use CycleBeads?

When you start your period, put the ring on the red bead.

Continue moving the ring to the next bead each day of your cycle. Moving the ring one bead per day will help you to keep track of the fertile and infertile days of your menstrual cycle. When the ring is on a white bead, do not have unprotected sex if you do not want to get pregnant. When the ring is on a brown bead, you are very unlikely to get pregnant.

Your health care professional will explain how to properly use *CycleBeads* and will answer other questions about them.

Are CycleBeads a good choice for me?

CycleBeads are a good choice for me if:

- q My menstrual cycle is usually at least 26 days and no more than 32 days long.
- q My partner and I can avoid unprotected sex during the fertile days (indicated by the white beads).
- q I want an easy method to understand the menstrual cycle and a way to discuss it with my partner.
- q I do not want to use a chemical or surgical method to prevent pregnancy.
- q I want an inexpensive, easy, effective method to prevent pregnancy.

CycleBeads might not be a good choice for me if:

- q My menstrual cycle is usually less than 26 days or more than 32 days long.
- q My partner and I cannot avoid unprotected sex during the fertile days.
- q I cannot make *CycleBeads* part of my daily routine because I cannot remember to use them.
- q I need protection from HIV/AIDS or STIs.

