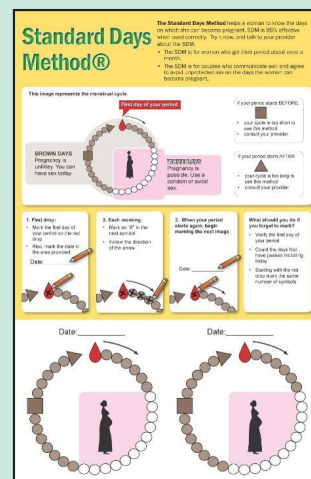
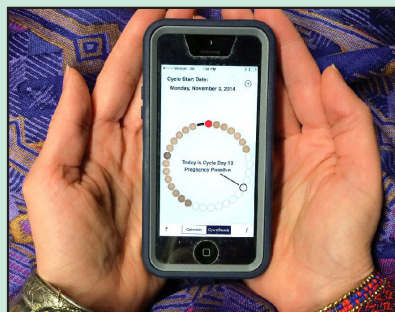


# Standard Days Method<sup>®</sup> using CycleBeads<sup>®</sup>: Fact Sheet

## What is it?

Standard Days Method<sup>®</sup> (SDM) is an effective, natural method of child spacing used by women and their partners. Users can rely on this method, to prevent pregnancy, if the woman's menstrual cycle lasts between 26 to 32 days. A person who usually gets a period every month has cycles in this range. By using this method with CycleBeads<sup>®</sup>, the user knows which days are fertile and when pregnancy is likely. CycleBeads is available as a string of color-coded beads, on a paper card, or as a mobile phone application. On fertile days marked by the white beads, users should not have sex or should use a condom to prevent pregnancy.



## How does it work?

SDM using CycleBeads works by helping a woman know which day of her menstrual cycle she is on and whether she is likely to get pregnant that day. On days she can get pregnant, the woman and her partner either use a condom or do not have sex.

## How well does it work to prevent pregnancy?

SDM using CycleBeads work very well to prevent pregnancy, especially for women whose menstrual cycles usually are between 26 and 32 days long. For every 100 women who use CycleBeads correctly for 1 year, fewer than 5 will get pregnant. This is similar to condoms, diaphragms, and other natural methods.

## Advantages:

- Does not cause any physical side effects;
- Effective and reversible;
- Nothing must be taken daily or at the time of sexual intercourse;
- Can be used by women who cannot use, or prefer not to use, methods that contain hormones (pill, injectable, patch) or prefer not to use a method requiring a medical procedure (IUD, implant);
- Allows both the woman and her partner to be responsible for child spacing.

## Disadvantages:

- Is not very effective for women with menstrual cycles shorter than 26 days or longer than 32 days;
- Requires cooperation by the male partner (to use a condom or not have sex on white bead days);
- Offers no protection against HIV or other STIs;
- Requires remembering to move the CycleBeads ring every day.

## Contact your health provider:

- To discuss switching to another method if more than once in a year your period starts before reaching the darker brown bead, or does not start the day after reaching the last brown bead;
- If you experience difficulty using a condom or not having sex on days you can get pregnant;
- If you had unprotected sex on a day you could get pregnant;
- If you want to stop using CycleBeads and start another method.

[www.irh.org](http://www.irh.org) • <https://www.irh.org/standard-days-method-resource-repository/>



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