



# TwoDay Method

## Provider Cue Card

## TwoDay Method

The TwoDay Method is a natural method of family planning. It is more than 96% effective in preventing pregnancy. This means that when the method is used correctly, 4 in every 100 women may become pregnant per year.

To use the method, a woman pays attention to her vaginal secretions to know if she is on a fertile day. A woman's body produces secretions that can be seen and felt in her genital area on the days she is fertile. It is called the TwoDay Method because she takes into account if she had secretions **today OR yesterday**.



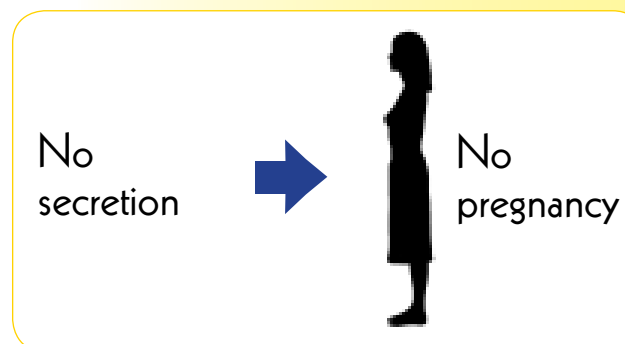
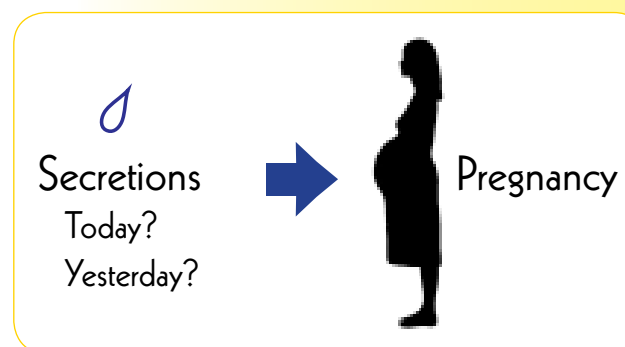
### When is pregnancy likely?

To know if you are on a fertile day, pay attention to your secretions every day.

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

### When is pregnancy unlikely?

Today pregnancy is unlikely if you are on your period or if you did not have secretions **today AND yesterday** (two days in a row without secretions).



## When do secretions appear?

- After your period, you may have a few days without secretions.
- Then secretions begin to appear in very small amounts. As days go by, the amount of secretions increases.
- Several days with secretions are followed by several days without secretions. Then your period returns.
- This happens every month.

Once secretions begin, they continue for several days in a row.

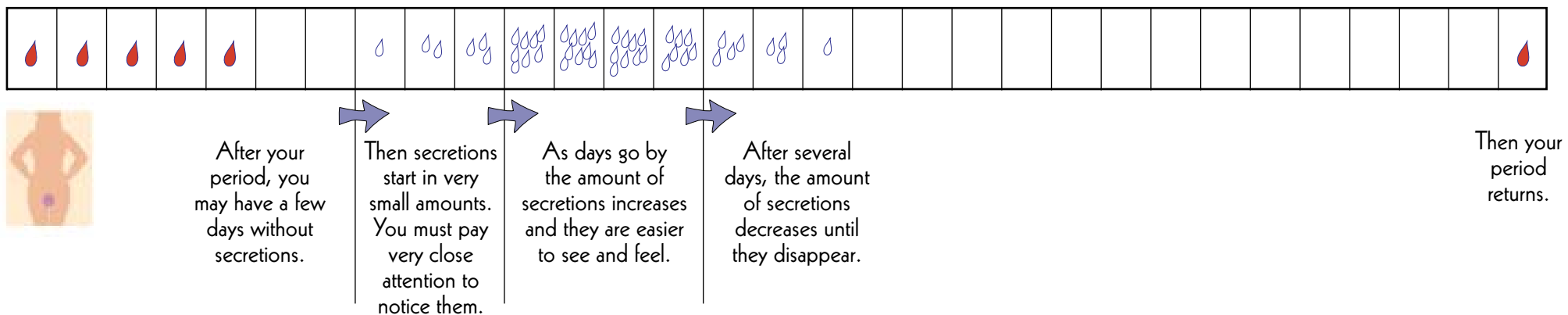
## What are secretions like?

- Secretions are not always the same. As days go by they look and feel different.
- Since they appear in small amounts at first, you must pay close attention to see or feel them. Later the amount of secretions increases, which makes them easier to see and feel.

Although they change in quantity or look different, **ANY** secretion indicates that you can get pregnant. To prevent pregnancy, do not have unprotected sex when you have secretions.

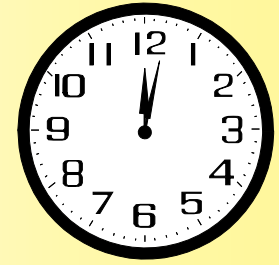
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## Menstrual Cycle



Estimate on which phase of her cycle she is on?

## How can I tell if I have secretions?



You can tell if you have secretions by **looking**, **touching** or **feeling** them. Every day pay attention to your secretions several times a day, beginning at noon until bedtime.

### You can see or touch them when you go to the bathroom

- Look for them on the toilet paper. Wipe yourself before urinating.
- Look for traces on your underwear.
- Check your genital area with clean fingers.



### You can pay attention to whether you feel moisture in your genital area.

Without interrupting your daily activities, think if you feel moisture in your genital area.



Remember that at the beginning secretions appear in very small amounts. It is best to touch or look for them until you get used to feeling them.

# The Client Card

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

- Record the date you start your period.
- Look for the day of the week you start using the method and begin marking on that day.
- Mark
  - the days you have your period
  - the days you do not have secretions
  - the days you have secretions
- Determine if you can get pregnant today.
- Begin marking a new card when your period returns or you have completed this card.

Remember to mark your card every night before going to bed.

Date your period starts

Look for the day of the week you start using the method and begin marking on that day.

Mark:

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

Remember to mark every night before going to bed.

When can you get pregnant?

- Pregnancy is likely if you had secretions (X) today OR yesterday.
- Do not have unprotected sex today.
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When is pregnancy unlikely?

- Pregnancy is unlikely today if you are on your period or if you did not have secretions today AND yesterday.
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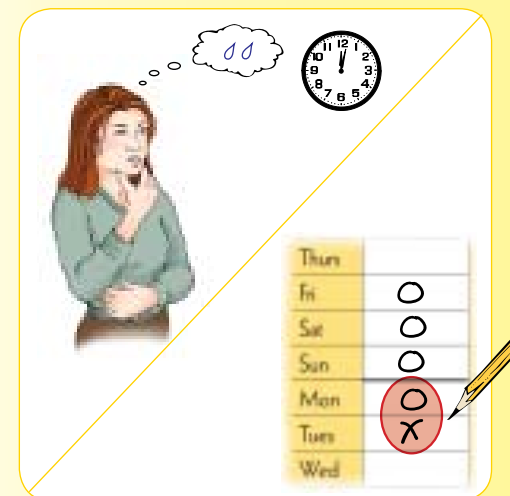
Begin marking a new card when your period returns or you have completed this card.

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# Summarize and Verify Understanding

## To use the method successfully, do the following:

- 1 Pay attention to your secretions starting at noon by looking, touching or feeling them.
- 2 Before going to bed remember if you had secretions today and mark it on the Client Card.
- 3 Check the card to see if you had secretions today OR yesterday.
- 4 Pregnancy is likely today if you had secretions today OR yesterday.  
To prevent pregnancy, do not have unprotected sex today.
- 5 If you are on your period or if you did not have secretions today AND yesterday (two days in a row without secretions), pregnancy is unlikely today.



## When to consult the provider:

- If you have difficulty seeing or feeling your secretions.
- If you have difficulty avoiding unprotected sex on the fertile days.
- If you have secretions for less than 5 days.
- If you have secretions for more than 14 days.
- If your period has not started and you think you might be pregnant.
- If you need a new Client Card.