

TwoDay Method® Fact Sheet

What is TDM?

The TwoDay Method® (TDM) is a fertility awareness-based method that relies on the presence of cervical secretions as the sign of a woman's fertility. The TDM is based on a simple algorithm requiring only that the woman determine the presence or absence of cervical secretions on a daily basis. A TDM user considers herself fertile "today" if: (1) she notices any cervical secretions today, or (2) she noticed any secretions yesterday. If she did not notice any cervical secretions today or yesterday (two consecutive days with no noticeable secretions) her probability of pregnancy "today" is very low.

How does TDM work?

The TDM works by helping a woman know on which days of her menstrual cycle she is fertile and which days she is not. On days she identifies as fertile (i.e. can get pregnant), the woman and her spouse should abstain if they do not desire to become pregnant.

Effectiveness

The TDM works very well to prevent pregnancy. For every 100 women who use it correctly for 1 year, fewer than 4 will get pregnant, which means it is 96% effective preventing pregnancy. With typical use, the TDM is 86% effective, which is higher than other user-dependent methods such as condoms, diaphragms and other natural methods.

Benefits of TDM

- Does **not** cause side effects
- Effective and reversible
- Inexpensive
- No hormones, devices or medical procedures required
- Can be used by women with any cycle length and can be started at any point in their cycle
- Allows both the woman and her spouse to be responsible for child spacing

Disadvantages

- Offers no protection against HIV or other STIs
- Requires couple cooperation for managing abstinence during the fertile days

Contact your health care provider if

- You have less than 5 days *or* more than 14 days of secretions
- You experience symptoms of or exposure to a STI
- You want to stop using TDM and start another method

