

Two Day Method Checklist - Follow-Up Visit

This checklist helps the provider determine, with the user, if the method is still appropriate for her and her partner.

The Two Day Method is still appropriate for the client if she has paid attention to her secretions on a daily basis and, with her partner, avoided unprotected sex on her fertile days.

Woman

1 Has she been able to pay attention to her secretions every day?

no

Ask the user:

- How many times a day do you pay attention to your secretions?
- What do you do to remember to pay attention to your secretions?

2 Did she start checking for secretions immediately after her period stopped?
AND Did secretions appear a few days after her period? (See Client Card)

no

Ask the user:

- When did you start paying attention to your secretions?
- When did your secretions start?
- How many days after your period ended did your secretions start?

3 After secretions started, did they continue for several days? (See Client Card)

no

4 Did her secretions last between 5 and 14 days? (See Client Card)

no

Ask the user:

- Since you started using the method, did you have secretions for less than 5 days?
- Since you started using the method, did you have secretions for more than 14 days?

5 Are her secretions healthy?

no

Ask the user:

- What do your secretions look like?
- Have you had itchy or foul smelling secretions?

Identify any difficulty with method use and provide the necessary support.

Continue on next page.



Couple

- 6 Do both partners want to avoid pregnancy at this time? no
- 7 Are both partners able to avoid unprotected sex on days when the woman can get pregnant? no
- 8 Are both partners free of risk from sexually transmitted infections? no
- 9 Are both partners satisfied with the method and do they want to continue using it? no
- 10 Is the couple able to use the client card correctly? (See Client Card) no

If the answer to all the main questions is **YES**, the method is still appropriate for this couple.

If the answer to any of the main questions is **NO**, identify any difficulty with method use and provide the necessary support.

Identify any difficulty with method use and provide the necessary support.