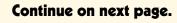
# Two Day Method Checklist – Initial Visit

The Two Day Method is appropriate for a woman who can pay attention to her secretions daily and, with her partner, avoid unprotected sex on her fertile days.

The Two Day Method is a natural method that helps a woman identify her fertile days by checking her vaginal secretions. This checklist helps the provider determine, along with the client, if the method is appropriate for her and her partner.







## Couple in agreement

Does the couple want to avoid pregnancy at this time?



#### Ask the user:

- Are you able to discuss openly with your partner about not getting pregnant at this time?
- Have you agreed that it is important not to get pregnant right now?
- Have you discussed using a family planning method now?
- Have you agreed to use a natural method?

# Handling fertile days

Can the couple avoid unprotected sex during the fertile days?



#### Ask the user

- How would you and your partner feel about not having unprotected sex for several days in a row?
- What do you think you will do to avoid unprotected sex on your fertile days?
- Can you talk openly with your partner about when you want to have sex and when to avoid it?

## Risk of STIs, HIV/AIDS

Is the couple free of risk from sexually transmitted infections (STIs) or from HIV/AIDS?



#### Ask the user:

- Is the couple faithful to each other?
- Do you think either of you is at risk of getting an STI?

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

If the answer to any of the main questions is NO, the method may NOT be appropriate for the couple.

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# When did she get her last period?

- a) Less than one week ago
- b) More than one week ago
- c) More than two weeks ago

Depending where the woman is on her cycle, briefly explain what she may expect regarding her secretions. If 7 days have passed since her last period and she has had unprotected sex, indicate that she may already be pregnant.

