

**INSTITUTE FOR REPRODUCTIVE HEALTH – GEORGETOWN UNIVERSITY
STRENGTHENING SKILLS – TWO DAY METHOD**

Teacher's Name _____

Health Unit _____ Date ____/____/____

Instructions: Ask the teacher the following questions. If he or she answers incorrectly enter a “0” and explain the concept. In the case of questions answered incorrectly, reinforce the knowledge and ask the question again on the next visit.

GENERAL INFORMATION ON THE TWO DAY METHOD	Visit 1	Visit 2
1 What is the Two Day Method?		
- It is a natural family planning method based on noticing vaginal secretions to know the fertile days.		
- Its effectiveness rate is 96 %		
- It is called the Two Day Method because a woman takes into account if she had secretions today <u>or</u> yesterday.		
3 How does woman know she is on a day she can get pregnant?		
- If she had secretions today or yesterday, the woman is fertile TODAY and can get pregnant.		
4 Which are the safe days on which there is no risk of pregnancy?		
- The woman is not fertile, i.e., will not get pregnant if she is menstruating.		
- The woman won't get pregnant either if she did not have secretions <u>today and yesterday</u> (two consecutive days without secretions).		

SECRETIONS AS THE MAIN SIGN OF FERTILITY	Visit 1	Visit 2
5 What are secretions like?		
- Secretions look and feel different as the days go by.		
- At the beginning they are scant, then they become more abundant and easier to identify.		
6 How would you explain to the user how secretions occur?		
- Secretions appear a few days after the woman's period.		
- At first they can be scant, they then become more abundant and are easier to see and feel.		
- Once they begin they continue for several days in a row until they disappear.		
7 How would you explain to the user how she can find out whether she is having secretions?		
- By seeing them on her underwear or on the toilet paper when she wipes before urinating, by touching them with her fingers, or sensing them.		
- She must check herself daily, starting at midday, at least twice.		

CRITERIA OF ELIGIBILITY	Visit 1	Visit 2
9 Who can use the Two Day Method?		
- Women whose secretions are healthy.		
- Women who are willing to check their secretions daily.		
- Women who can agree with their husband to abstain or use a condom on the fertile days.		

SPECIAL CIRCUMSTANCES	Visit 1	Visit 2
10 How soon can a woman begin to use the method after childbirth or if she is breastfeeding?		
- After she has had her period at least 4 times since the birth of the baby.		
11 How soon can a woman begin to use the method if she has recently stopped using the 3-month injection?		
- After 4 months have passed since she received the last injection and if her period has returned.		
12 How soon can a woman begin to use the method if she has recently stopped using the 1-month injection?		
- After one month has passed since she received the last injection and if her period has returned.		
13 How soon can a woman begin to use the method if she has recently used the pill?		
- After she has had her period after taking the last pill or suspending its use.		
14 How soon can a woman begin to use the Method if she has recently used an IUD?		
- After the IUD has been removed.		
15 How soon can a woman begin to use the method if she has recently had a miscarriage?		
- After the bleeding associated with the miscarriage has stopped and her period has returned after the miscarriage.		
16 How soon can a woman begin to use the Method if she has recently used the emergency contraceptive?		
- After the bleeding associated with use of the contraceptive has stopped and her period has returned.		

17 How soon can a woman who meets the eligibility criteria begin to use the Method?		
- She can begin at any time, but if more than 7 days have passed since her period started and she has had unprotected sex, explain that she could be pregnant.		

THE CLIENT CARD	Visit 1	Visit 2
18 What is the purpose of the Client Card?		
- It helps the woman keep a daily record of her secretions and know whether she is on a fertile or non-fertile day.		
19 What do the symbols on the Card mean?		
- The ● symbol represents a day when she has her period.		
- The ○ symbol represents a day without secretions.		
- The X symbol represents a day with secretions.		
- If the woman marked an X today or yesterday (had secretions today or yesterday) she can get pregnant TODAY.		
21 When should the woman begin to use a new Client Card?		
- When her period starts again, she should begin to mark on a new Card.		
- If the woman completes a Card and her period still hasn't begun, she should start marking on a new Card.		

WHEN TO SEE THE HEALTH PROVIDER	Visit 1	Visit 2
22. When should a woman see her health provider?		
- If she is finding it hard to see or feel her secretions.		
- If she is finding it hard to avoid sex on the fertile days.		
- If she has secretions for less than 5 days in a row or for more than 14 days in a row.		
- If her period has not come and she thinks she might be pregnant.		

FOLLOW-UP VISITS	Visit 1	Visit 2
23 When should the follow-up visit take place?		
- The follow-up visit should be scheduled for one month after the first visit.		
24 What should be verified during the follow-up visit?		
- That the woman has been able to check her secretions		
- That the woman has marked the Card properly		
- That secretions occurred a few days after her period ended		
- That once the secretions began, they continued for several days in a row		
- That the woman has secretions for 5 to 14 days		
- That the woman and her husband are satisfied with the method and that they have been able to abstain during the fertile days		
25 When should another method be considered?		
a) If the woman is at risk of an STI		
b) If she cannot avoid sex during the fertile days		
c) If it is hard for her to identify her secretions or to mark the Client Card		

Individual doing the follow-up _____