

The TwoDay Method of family planning is a natural method that helps a woman identify days she can get pregnant by checking her cervical secretions. When used correctly, it is more than 96% effective in preventing pregnancy.

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

- A woman can use the TwoDay Method if:
  - her secretions are healthy, and
  - she and her partner can use condoms or not have sex on the days she can get pregnant.
- The TwoDay Method requires her to check for secretions at least twice everyday, in the afternoon and before she goes to bed.

## To use the TwoDay Method determine:

### 1. If the woman's secretions are healthy

Ask the woman these questions to help you assess:

- Have you ever noticed secretions?
- What do they look like?
- Are the secretions itchy, painful or smell bad?

### 2. If the woman and her partner can use a condom or not have sex on days she can become pregnant

Ask the woman these questions to help you assess:

- Would you and your partner be able to use condoms or not have sex for several days in a row when you can become pregnant?
- Can you talk openly with your partner about when you want to have sex and when to avoid it?

# How does this method work?

Today you can get pregnant if you had secretions **today** **OR** **yesterday**. To prevent pregnancy use condoms or do not have sex today.

### Example

Thurs	
Fri	○
Sat	○
Sun	○
Mon	○
Tues	○
Wed	X



### Example

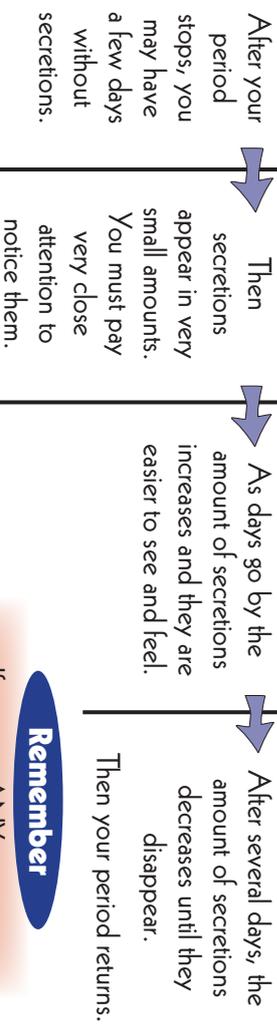
Thurs	
Fri	
Sat	○
Sun	○
Mon	○
Tues	○
Wed	



# What are secretions like?

Secretions are not always the same. As days go by, they look and feel different. Once they start, secretions continue for several days in a row.

### Menstrual Cycle



### Remember

If you see **ANY** secretions, you can get pregnant.

## How can I tell if I have secretions?

You can **see** or **touch** them when you go to the bathroom. You can look for secretions on the toilet paper, on your underwear or touching your genital area.

You can tell if you have secretions by seeing, touching or feeling them. Check your secretions at least twice everyday, in the afternoon and before you go to bed.

### SEE or TOUCH



You can also **feel** them by paying attention to any moisture in your genital area without stopping your daily activities.

### FEEL



## Return to your provider if:

- You have difficulty seeing or feeling your secretions.
- If you have secretions that are itchy, painful or smell bad.
- If you or your partner have difficulty avoiding using condoms or not having sex on your fertile days.
- If you have secretions for less than 5 days in a row.
- If your period has not started and you think you may be pregnant.

If you have recently given birth or are breastfeeding, you will probably have many more days with secretions and very few days with no secretions. As your cycles gradually become more regular, so will your secretions.

If you recently used a hormonal method of family planning, you may have more (or fewer) days with secretions for a few months.