

## TwoDay Method Case Studies

### Case 1 - Maria

- Maria is 26 years old and has 2 children. The youngest is 3. She has never used contraception and they use withdrawal most of the time.
- The couple would like to use a natural method, but her husband could not come today.
- After hearing of the TwoDay Method, they think it would be a good choice.
- The NFP teacher has determined that Maria's secretions are healthy and that she is willing to check her secretions daily.
- She is on the 3rd day of her period.

### Case 2 - Sara

- Sara became interested in the TwoDay Method after hearing about it from a friend.
- She is still breastfeeding her 7 month old child.
- She has noted a discharge sometimes, and it matches the NFP teacher's description of healthy cervical secretions.
- She says she is willing to check her secretions on a daily basis, but she is worried about remembering to do it and whether she will know if secretions are present.
- She has had 4 periods since her child was born and expects her period to begin again next week.
- She has had sex since her last period.

### Case 3 - Dora

- Dora wants to use the TwoDay Method. She has been married for 8 years and has 3 children.
- She was using the pill up to two months ago, and now they use withdrawal sometimes. She does not want another pregnancy, but doesn't want to use the pill either.
- Her secretions are normal and she is willing to check herself on a daily basis, but is afraid she'll forget.
- Her last period started approximately 10 days ago.

### Questions

- Can she use the TwoDay Method?
- What are some recommendations to offer this client?

## TwoDay Method Exercises

### TwoDay Method Recording Exercise

Using the recording card in your folder, mark the below sample pattern of secretions. Note if the woman is fertile each day.

Sunday	Began period	
Monday	Bleeding	
Tuesday	Bleeding	
Wednesday	Bleeding	
Thursday	Nothing	
Friday	Nothing	
Saturday	Nothing	
Sunday	Nothing	
Monday	Felt dampness	
Tuesday	Small spot on under wear	
Wednesday	Felt dampness, saw spot	
Thursday	Saw spot	
Friday	Saw spot	
Saturday	Felt secretions	
Sunday	Felt secretions	
Monday	Felt secretions	
Tuesday	Felt secretions	
Wednesday	Felt secretions	
Thursday	Noted small spot	
Friday	Felt dampness	
Saturday	Nothing	
Sunday	Nothing	
Monday	Nothing	
Tuesday	Nothing	
Wednesday	Nothing	
Thursday	Nothing	
Friday	Began period	
Saturday	Felt secretions	

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### Case 1 - Maria

- Maria is 26 years old and has 2 children. The youngest is 3. She has never used contraception and they use withdrawal most of the time.
- The couple would like to use a natural method, but her husband could not come today.
- After hearing of the TwoDay Method, they think it would be a good choice.
- The NFP teacher has determined that Maria's secretions are healthy and that she is willing to check her secretions daily.
- She is on the 3rd day of her period.
  
- Can she use the TwoDay Method?
  - Yes
- What are some recommendations to offer this client?
  - Show her where she is in her cycle and what she can expect. Talk to her husband about using this method.

### Case 2 - Sara

- Sara became interested in the TwoDay Method after hearing about it from a friend.
- She is still breastfeeding her 7 month old child.
- She has noted a discharge sometimes, and it matches the NFP teacher's description of healthy cervical secretions.
- She says she is willing to check her secretions on a daily basis, but she is worried about remembering to do it and whether she will know if secretions are present.
- She has had 4 periods since her child was born and expects her period to begin again next week.
- She has had sex since her last period.
  
- Can she use the TwoDay Method?
  - Yes
- What are some recommendations to offer this client?
  - Discuss method use with her husband. If she had sex this month, she may already be pregnant.

### Case 3 - Dora

- Dora wants to use the TwoDay Method. She has been married for 8 years and has 3 children.
- She was using the pill up to two months ago, and now they use withdrawal sometimes. She does not want another pregnancy, but doesn't want to use the pill either.
- Her secretions are normal and she is willing to check herself on a daily basis, but is afraid she'll forget.
- Her last period started approximately 1 and a half weeks ago.
  
- Can she use the TwoDay Method?
  - Yes
- What are some recommendations to offer this client?
  - Discuss method use with her husband. If she had sex this month, she may already be pregnant. Share some ways to help her remember to check herself every day.

TwoDay Method Exercises Answer Key

**TwoDay Method Recording Exercise**

Sunday	Began period	●	Not fertile
Monday	Bleeding	●	Not fertile
Tuesday	Bleeding	●	Not fertile
Wednesday	Bleeding	●	Not fertile
Thursday	Nothing	○	Not fertile
Friday	Nothing	○	Not fertile
Saturday	Nothing	○	Not fertile
Sunday	Nothing	○	Not fertile
Monday	Felt dampness	X	Fertile
Tuesday	Small spot on under wear	X	Fertile
Wednesday	Felt dampness, saw spot	X	Fertile
Thursday	Saw spot	X	Fertile
Friday	Saw spot	X	Fertile
Saturday	Felt secretions	X	Fertile
Sunday	Felt secretions	X	Fertile
Monday	Felt secretions	X	Fertile
Tuesday	Felt secretions	X	Fertile
Wednesday	Felt secretions	X	Fertile
Thursday	Noted small spot	X	Fertile
Friday	Felt dampness	X	Fertile
Saturday	Nothing	○	Fertile
Sunday	Nothing	○	Not fertile
Monday	Nothing	○	Not fertile
Tuesday	Nothing	○	Not fertile
Wednesday	Nothing	○	Not fertile
Thursday	Nothing	○	Not fertile
Friday	Began period	●	Not fertile