

# Standard Days Method<sup>®</sup> with CycleBeads<sup>®</sup>

## Provider Job Aid

### 1. Ask these questions to determine that CycleBeads can work for the client:

- Do your periods come about a month apart? Do your periods come when you expect them?
- Can you and your partner use a condom or abstain from sexual intercourse for 12 days in a row?

If she answers **YES** to the above questions, she can use CycleBeads.

If she answers **NO**, offer her another method.

### 2. Determine when she can start using CycleBeads:

- A woman should **ALWAYS** begin using CycleBeads the first day of her next period.
- If the woman has recently used a hormonal method, delivered a baby or is breastfeeding, she must wait until her periods are regular again.

See instructions on the back for when to start CycleBeads.

### 3. Give CycleBeads to the client and show her how she will use them.

Discuss the calendar and instructions for use. See instructions on the back.

### 4. Talk about how the couple will prevent pregnancy during the days when the ring is on a white bead.

- Discuss potential use of condoms and abstinence.
- Discuss other forms of sexual activity that have no pregnancy risk.

### 5. Remind her to check that her period comes between the dark brown bead and the last brown bead.

### 6. Inform her that CycleBeads do not protect against STIs or HIV.

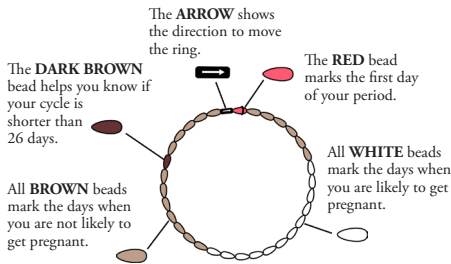
Remind clients to use their family planning method continuously. For the health of mother and baby, tell clients to wait at least 2 years before trying to become pregnant again.

# What is CycleBeads?

CycleBeads represent the menstrual cycle. Each bead is a day of the cycle.

CycleBeads are based on the Standard Days Method (SDM), a natural family planning method more than 95% effective when used correctly.

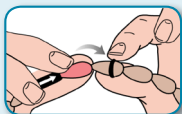
The woman moves the ring one bead each day to know what days she can become pregnant. On these days, she will use a condom or avoid sex to prevent a pregnancy.



## How to Use CycleBeads



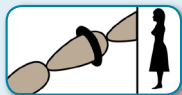
On the first day of your period, move the ring to the **RED** bead. Also mark that day on your calendar.



Every morning move the ring to the next bead. Always move the ring in the direction of the arrow. Move the ring even on days when you have your period.



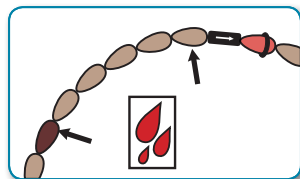
When the ring is on any **WHITE** bead, use a condom or avoid sex to prevent pregnancy. These are days when you can get pregnant if you have unprotected sex.



When the ring is on a **BROWN** bead you can have sexual intercourse. These are days when pregnancy is very unlikely.



The day your next period starts, move the ring to the **RED** bead again. Skip over any remaining beads. Your period signals that a new cycle has started.



Be sure your cycles are in range:

- To use CycleBeads, your period must come between the dark brown bead and the last brown bead.
- If you start your period before you put the ring on the **DARK BROWN** bead, it means it has come too soon to use the method.
- If you have not started your period by the day after you put the ring on the last **BROWN** bead, it means your period is too late to use this method.
- Contact your provider if you have more than one cycle out of range in a year.

## When to start CycleBeads

Circumstances	When to start
User meets the method criteria.	Start using CycleBeads on the first day of her next period. Move the ring to the red bead.
Postpartum or breastfeeding.	Wait until after 4 periods. Start after her last two periods have been about a month apart (26 to 32 days).
3-month injection user.	Wait until 90-day protection ends, and last three periods have been about a month apart (26 to 32 days).
Hormonal method user (the pill, patch, ring or 1-month injection, implant)	Start using CycleBeads if her last three periods* have been about a month apart (about 26 to 32 days). *After discontinuing hormonal method.
Had a miscarriage or abortion in the past month OR used emergency contraception.	Start using CycleBeads on the first day of her next period (if her periods were about a month apart before she got pregnant or used EC).