

**CycleBeads®**  
 PLAN OR PREVENT PREGNANCY NATURALLY

### What are CycleBeads?

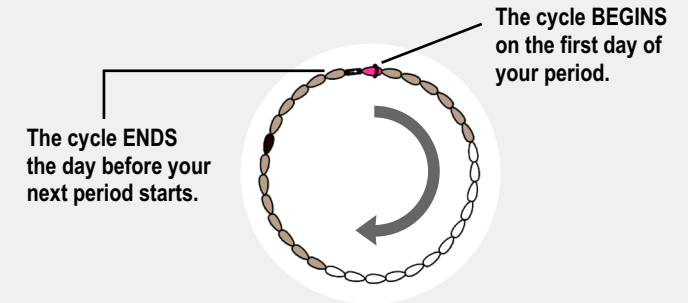
- ◆ CycleBeads are a string of colored beads.
- ◆ The colors of CycleBeads help you know the days when you are likely to get pregnant.
- ◆ They also help you know the days when you are not likely to get pregnant.
- ◆ To avoid a pregnancy do not have sex on the days you are likely to get pregnant.



CycleBeads are based on a natural method of family planning that is 95% effective when used correctly. This means that only 5 out of 100 women may get pregnant when the method is used correctly.

### CycleBeads and the Menstrual Cycle

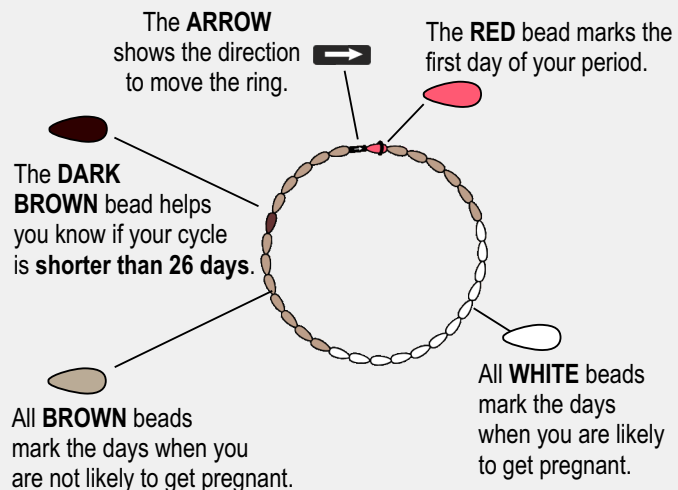
- ◆ CycleBeads represent a woman's menstrual cycle.
- ◆ Each bead is a day of the cycle.



Your menstrual cycle is not the same thing as your period. Your period is when you have menstrual bleeding. Your cycle includes all days from the start of one period to the day before your next period.

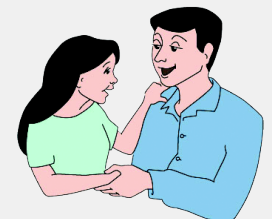
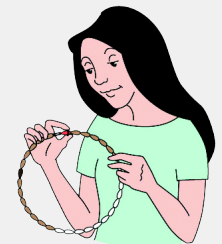
### What do the colors mean?

CycleBeads are a string of 32 beads, a rubber ring and a cylinder with an arrow.



### Who can use CycleBeads to avoid pregnancy?

- ◆ Women who have periods that are about a month apart.
- ◆ Couples who communicate well and agree to not have sex when the woman is likely to get pregnant.



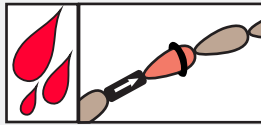
**CycleBeads®**

- ◆ CycleBeads do not protect against HIV/AIDS or other sexually transmitted infections.
- ◆ CycleBeads are not a toy. Keep them in a safe place, away from children.

U.S. patent No. 6,747,917 B2. Foreign patents pending.  
 Manufactured by Cycle Technologies, Inc., Washington DC, 20015.  
 Distributed under license.

## How do you use CycleBeads?

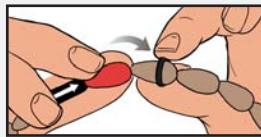
1. The day you get your period move the ring to the **RED** bead.



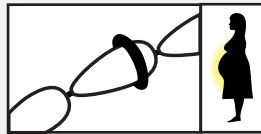
2. Also, mark that day on your calendar



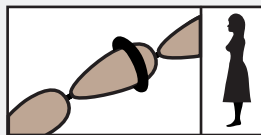
3. Move the ring one bead each day. Move it even on the days when you have your period.



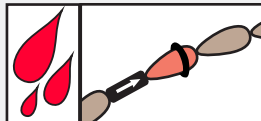
4. Do not have sex when the ring is on any **WHITE** bead. You can get pregnant on those days.



5. You can have sex when the ring is on any **BROWN** bead. You are not likely to get pregnant on those days.



6. Move the ring to the **RED** bead again when your next period starts. Skip over any beads that are left.



## What if you forget to move the ring?

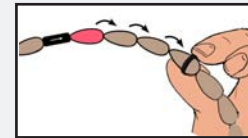
It is important that you remember to move the ring every day. If you forget to move the ring, follow these instructions.

Check on your calendar the date you got your last period.



Starting with that day, count the number of days that have passed including today.

Then starting with the red bead, count the same number of beads and place the ring on the bead for today.



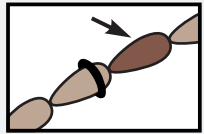
## When to contact your healthcare provider.

- ◆ If you had sex on a **WHITE** bead day, contact your provider.

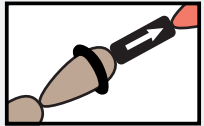


- ◆ If you think you might be pregnant because you have not gotten your period, contact your provider.

- ◆ If you get your period before you reach the **DARK BROWN** bead, this means that your cycle is shorter than 26 days. Contact your provider.



- ◆ If your period does not start by the **DAY AFTER** you reach the last brown bead, this means your cycle is longer than 32 days. Contact your provider.



If more than once a year your cycle is shorter than 26 days or longer than 32 days, CycleBeads will **NOT** work for you.

## You may need to wait awhile before using CycleBeads.

- ◆ If you recently had a baby or you are breastfeeding, talk to your healthcare provider before using CycleBeads.



- ◆ If you recently used another family planning method, talk to your provider before using CycleBeads.



In these cases you must learn more about your cycles. Talk to your healthcare provider.

## Remember

### For CycleBeads to work for you:

- Your cycles must always be between **26 and 32 days long**. If more than once a year your cycle is shorter than 26 days or longer than 32 days, CycleBeads will **NOT** work for you.
- Start using CycleBeads the day you get your period.
- Move the ring every day.
- Do not have sex on the **WHITE** bead days.