

Standard Days Method®

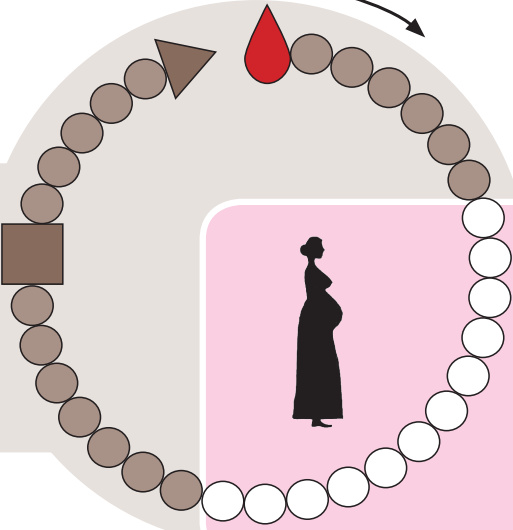
The **Standard Days Method** helps a woman to know the days on which she can become pregnant. SDM is 95% effective when used correctly. Try it now, and talk to your provider about the SDM.

- The SDM is for women who get their period about once a month, every 26-32 days.
- The SDM is for couples who communicate well and agree to avoid unprotected sex on the days the woman can become pregnant, days 9 through 18 of her menstrual cycle.

This image represents the menstrual cycle.

First day of your period

BROWN DAYS
Pregnancy is unlikely. You can have sex today.



WHITE DAYS
Pregnancy is possible. Use a condom or avoid sex.

If your period starts **BEFORE**:



- your cycle is too short to use this method
- consult your provider

If your period starts **AFTER**:

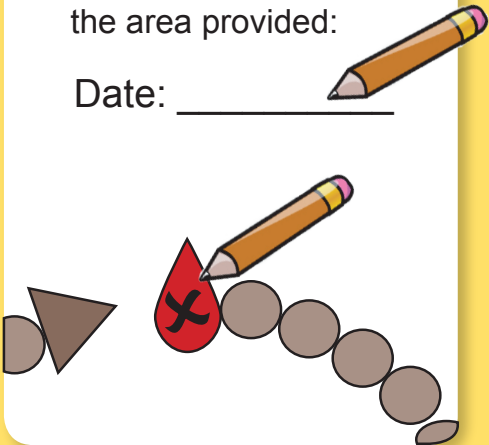


- your cycle is too long to use this method
- consult your provider

1. First drop:

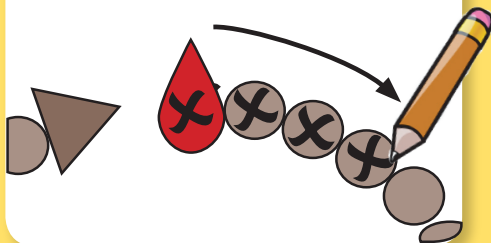
- Mark the first day of your period on the red drop
- Also, mark the date in the area provided:

Date: _____



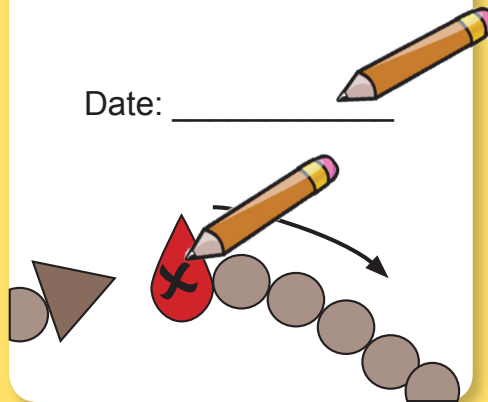
2. Each morning:

- Mark an "X" in the next symbol
- Follow the direction of the arrow



3. When your period starts again, begin marking the next image

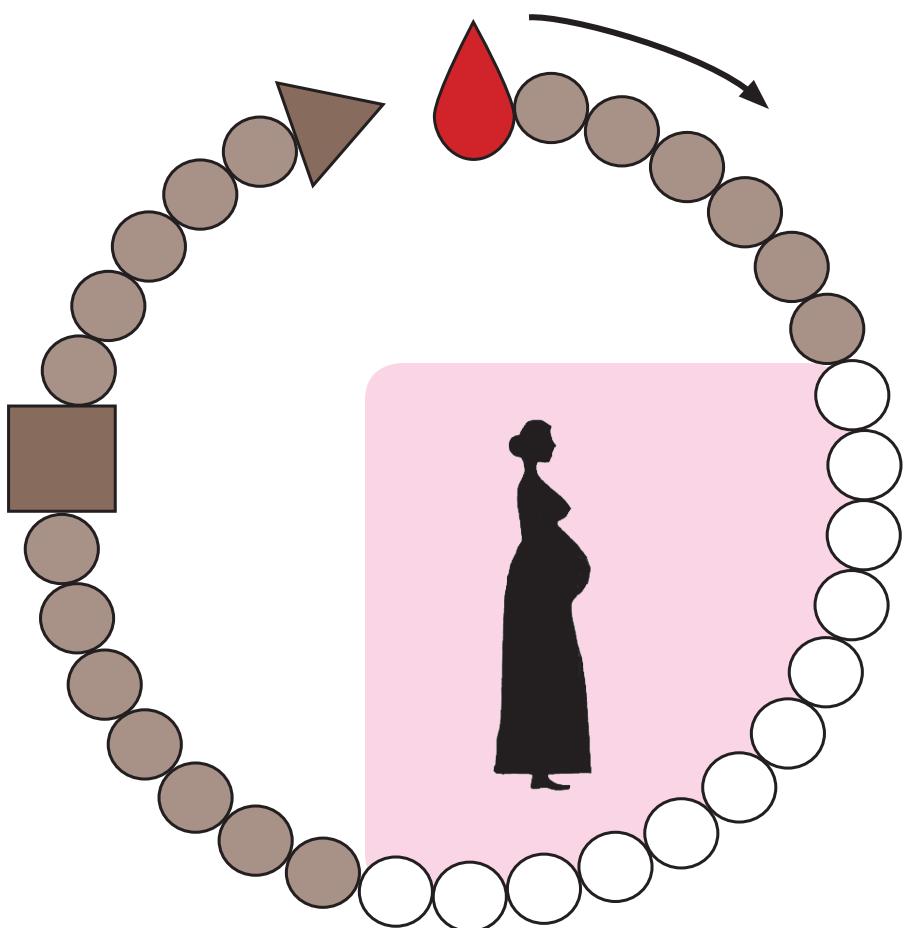
Date: _____



What should you do if you forget to mark?

- Verify the first day of your period
- Count the days that have passed including today
- Starting with the red drop mark the same number of symbols

Date: _____



Date: _____

