

Cycle Beads for Fertility Awareness

(A method of Natural Family Planning)

CycleBeads are a string of color-coded beads that represent each day of the woman's menstrual cycle. Using CycleBeads, a woman knows her fertile and infertile days. Days 8 through 19 of their cycle are the days a woman is likely to get pregnant if she has unprotected sex. On all other days of their cycle, pregnancy is very unlikely.

How effective is it in preventing pregnancy?

CycleBeads are based on a natural method of family planning called the Standard Days Method. When used correctly, this method is 95% effective for women who have menstrual cycles between 26 and 32 days long. That means that for every 100 women who use CycleBeads correctly during one year, fewer than 5 will get pregnant.

How does it work?

Using CycleBeads a woman tracks each day of her menstrual cycle and knows whether she can get pregnant on a particular day. On days she is likely to get pregnant, the woman and her partner either use a condom or do not have sex. For women wanting a pregnancy, this is the time to have frequent intercourse, at least every other day, CycleBeads also help her monitor her cycle length to know if it is within the 26 to 32 day range required for this method to work.

Advantages

- Natural with no side effects
- Does not involve a medical procedure and nothing must be taken daily
- Does not require frequent visits to your healthcare provider or pharmacy
- Reversible and does not delay your return to fertility
- Can help your partner become more involved in family planning
- Lets you know when you are most likely to be fertile if you want a pregnancy

Disadvantages

- Does not protect against HIV/AIDS or sexually transmitted infections
- Requires remembering to move the CycleBeads ring every day
- Requires that you use a condom or abstain on the days when you can get pregnant
- Is not for women with menstrual cycles shorter than 26 days or longer than 32 days

How to use CycleBeads

- CycleBeads represent the woman's menstrual cycle; each bead is one day of the cycle

- On the day you get your period, move the ring to the RED bead
- Continue to move the ring one bead each day
- When the ring is on the WHITE bead, pregnancy IS VERY LIKELY. You must either abstain or use condoms.
- Or if you DO want a pregnancy, have intercourse on the white bead days.
- When the ring is on a BROWN bead, pregnancy is very UNLIKELY

Using CycleBeads Effectively

- Talk with your partner before starting the method. Decide if you can use a condom during the white-bead days or what you will do to abstain from intercourse.
- Or if you want a pregnancy, this will help you know when you are most fertile
- CycleBeads can help you keep track of the length of your cycles. Your cycles may change over time, so it is important to keep checking their length.
- Create a habit for moving the ring every day.

Once you start using CycleBeads, you should contact your provider if you have:

- Missed a period or think you might be pregnant
- Sex without a condom on a white day when you could get pregnant (unless you want a pregnancy)
- More than one cycle shorter than 26 days or longer than 32 days
- Symptoms or exposure to a sexually transmitted disease
- Trouble remembering to move the CycleBeads ring every day
- Difficulty using a condom or not having sex on days you could get pregnant (unless you want a pregnancy)

Warnings

You should not use CycleBeads if:

- You have cycles that are shorter than 26 days or longer than 32 days.
- You and your partner would have difficulty either using a condom or abstaining during the 12 white bead days when you can get pregnant. Want more information? Visit www.cyclebeads.com