

Provider Job Aid

A Strategic Approach to Offering CycleBeads®

For Clients Interested in CycleBeads

1. Ask:

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

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

- If the woman knows the first day of her last period she can start CycleBeads today.
- If the woman has recently had a baby, is breastfeeding, using a hormonal method, or had a miscarriage or abortion, refer to **When To Start CycleBeads** chart for specific instructions.
- If the woman has had unprotected intercourse since her last period, offer pregnancy/STI testing and EC, if applicable.

2. Give CycleBeads to the client and show her how she will use them. Discuss the calendar and CycleBeads brochure.

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

- Discuss potential use of barrier methods and abstinence.
- Discuss other forms of sexual activity that have no pregnancy risk (i.e. oral sex, mutual masturbation, etc.).

4. Assess risk of STI/HIV and what protection client and partner(s) are using.

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

When to Start CycleBeads

Circumstances	When to Start
Knows the first day of her last period	Start CycleBeads today . Move the ring to the correct bead.
Does not know the first day of her last period	Start CycleBeads on the first day of her next period .
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 shot user	Wait until shot's 90-day protection ends, and last three periods have been about a month apart (26-32 days).
Hormonal method user (the pill, patch, ring or 1-month shot, implant, hormonal IUS)	Start CycleBeads when 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 EC	Start CycleBeads on the first day of her next period (if her periods were about a month apart before she got pregnant or used EC)