

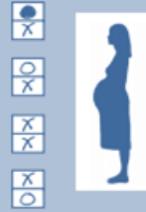
# FACT SHEET

## TwoDay Method®

### What is it?

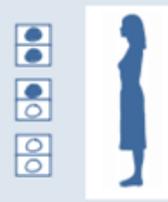
TwoDay Method® is a fertility awareness-based method that relies on the presence of cervical secretions as the sign of a woman's fertility. It is based on a simple algorithm requiring only that the woman determine the presence or absence of cervical secretions on a daily basis. A TwoDay Method user considers herself fertile "today" if: (1) she notices any cervical secretions today, or (2) she noticed any secretions yesterday. If she did not notice any cervical secretions today or yesterday (two consecutive days with no noticeable secretions) her probability of pregnancy "today" is very low.

### When can you get pregnant?



Pregnancy is likely if you had secretions (X) today OR yesterday. Do not have unprotected sex today.

### When is pregnancy unlikely?



Pregnancy is unlikely today if you are on your period or if you did not have secretions today AND yesterday.

To assess when pregnancy is likely or unlikely, a woman can use a recording card like this one to track her secretions and determine her fertile and infertile days.

### How does it work?

The TwoDay Method works by helping a woman know on which days of her menstrual cycle she is fertile and which

days she is not. On days she identifies as fertile (i.e. can get pregnant), the woman and her partner should use a condom or avoid having sex if they do not desire to become pregnant.

### How well does it work to prevent pregnancy?

The TwoDay Method works very well to prevent pregnancy. For every 100 women who use it correctly for 1 year, fewer than 4 will get pregnant, which means it is 96% effective preventing pregnancy. With typical use, the TwoDay Method is 86% effective, which is comparable to the effectiveness of other user-dependent methods such as condoms, diaphragms and most other natural methods.

### Advantages

- Does **not** cause any physical side effects
- Effective and reversible
- Inexpensive
- No hormones, devices or medical procedures required
- Can be used by women with any cycle length and can be started at any point in their cycle
- Allows both the woman and her partner to be responsible for child spacing

### Disadvantages

- Offers no protection against HIV or other STIs
- Requires cooperation by the male partner (to use a condom or not have sex during fertile days)

### Contact your health care provider if:

- You have less than 5 days or more than 14 days of secretions
- You experience difficulty using a condom or not having sex on days you can get pregnant
- You had unprotected sex on a day you could get pregnant
- You experience symptoms of or exposure to an STI
- You want to stop using TwoDay Method and start another method