Before you start using CycleBeads

- **Talk with your partner.** Decide together what you will do on the days you are likely to get pregnant.
- **Please read the instructions completely and very carefully.** Do not throw them away. Keep the instructions nearby and check them any time you are not sure what to do.
- **Check your CycleBeads.** There are 32 beads, 1 black cylinder with an arrow, and 1 black rubber ring. The beads are in the following order:
  - The first bead is red; the next 6 are brown; the next 12 are white; the next 7 are brown; the next one is dark brown; the next 5 are brown. The black cylinder with the arrow is last.
  - The brown bead is the first bead, your cycle is shorter than 26 days.
  - If your period does not start by the day after you move the ring to the last brown bead, your cycle is longer than 32 days.
  - The black cylinder with the arrow is last.

What are CycleBeads®?

CycleBeads are a string of colored beads that represent each day of a woman’s menstrual cycle. They can help you know when you are likely to get pregnant if you have unprotected sex.
- **WHITE** beads mark the days you can get pregnant.
- **BROWN** beads mark the days you are not likely to get pregnant.

CycleBeads are for women who want a natural, effective approach to family planning. Using CycleBeads can:
- Help you better understand how your body works.
- Help your partner become more involved in family planning.
- Help you keep track of your menstrual cycle over time.

CycleBeads are based on the Standard Days Method® of family planning. The Standard Days Method is a natural method that works well for women who have cycles that are between 26 and 32 days long.

How do you use CycleBeads?

1. **On the first day of your period move the BLACK RING to the RED bead.**
2. **Mark the first day of your period on your calendar.**
3. **Every morning, move the ring in the direction of the arrow on the cylinder.**
4. **Continue to move the ring one bead each day even on days when you have your period.**
5. **When the ring is on a WHITE bead you are likely to get pregnant if you have unprotected sex.**
6. **When the ring is on any of the BROWN beads you are not likely to get pregnant if you have unprotected sex.**
7. **When the ring is on the white bead days you have unprotected sex.**
8. **All BROWN beads mark the days when you are not likely to get pregnant if you have unprotected sex.**
9. **All WHITE beads mark the days when you can get pregnant. Do not have unprotected sex on the white bead days if you do not want to get pregnant.**

What do the colors mean?

The colors of the CycleBeads help you keep track of your menstrual cycle. Each bead represents a single day of your cycle. The **BLACK** cylinder with the arrow shows the direction to move the ring. It does not count as a day of your cycle.

If your period does not start by the day after you move the ring to the last brown bead, your cycle is longer than 32 days.

The **RED** bead marks the first day of your menstrual period. On the day your period starts, move the ring to the red bead. Continue moving the ring one bead each day.

The **DARK BROWN** bead helps you know if your cycle is less than 26 days long. If your period starts before you move the ring to the dark brown bead, your cycle is shorter than 26 days.

When using CycleBeads, remember the following:

What if you forget to move the ring?
- Check your calendar for the day you marked as the first day of your period.
- Count the number of days that have passed from that day until today.
- Starting on the RED bead, move the ring that same number of beads on your CycleBeads.

Is your cycle the right length?
- If your next period starts before you move the ring to the DARK BROWN bead, your cycle is less than 26 days long. If this happens more than once a year, CycleBeads will not work for you.
- If your next period does not start by the day after you move the ring to the last BROWN bead (the bead before the black cylinder) your cycle is more than 32 days long. If this happens more than once a year, CycleBeads will not work for you.
- If your next period starts on a day between the DARK BROWN bead and the last BROWN bead, your cycle is between 26 and 32 days long. You can use CycleBeads.

Keep checking the length of your cycles.
- The length of your cycles may change over time.
- If you have more than one cycle in one year that is shorter than 26 days or longer than 32 days, CycleBeads will no longer work for you.

Your menstrual cycle and your period are different.
- Your menstrual cycle is not the same thing as your period.
- Your period is when you are having your menstrual bleeding—during the first week of the cycle.
- Your cycle begins on the first day of your period and ends the day before your next period starts.
Are CycleBeads right for you?
The total number of days in your cycle determines whether CycleBeads are right for you.
The answers to these questions will help you know if your cycles are between 26 and 32 days long:
1. Do your periods come about when you expect them? YES | NO
2. Do your periods come about a month apart? YES | NO
If you answer YES to both of these questions, CycleBeads may work for you. If you answer NO to either of these questions, CycleBeads will NOT work for you.

If you are not sure how long your cycles are, wait until your next period starts.
• Count all the days from the first day of that period through the day before your next period begins.
• This will tell you if your cycle lasts at least 26 days but not more than 32 days.

If you are still not sure if CycleBeads are right for you, visit your doctor or provider.

When can you start using CycleBeads?
• If you usually have cycles that are between 26 to 32 days long, you can start using CycleBeads on the first day of your next period.
• Use another birth control method until you start using CycleBeads.
• If you have recently been pregnant, or if you are using another method of birth control, you may not be able to start using CycleBeads right away. Read the following information carefully.

If you are using another method of birth control
If you have been using the 3-month Birth Control Shot, you can use CycleBeads ONLY if:
• Your cycles have returned to normal. This may take a while.
• Your cycles were between 26 and 32 days long before you started using the birth control shot.
What do you do?
• Wait until three full months have passed since your last shot.
• Be sure your most recent cycle was between 26 and 32 days.
• Then you can start using CycleBeads on the first day of your next period.
• Use another birth control method until you start using CycleBeads.

If you have been using the Pill (oral contraceptives), the 1-month Birth Control Shot, or the Implant, you can use CycleBeads ONLY if:
• Your cycles were between 26 and 32 days long before you started using the method.
What do you do?
• Keep using that method until you start your next period.
• Then you can start using CycleBeads on the first day of your next period.

If you have recently used emergency contraception (the "Morning After Pill"), you can use CycleBeads ONLY if:
• Your cycles were between 26 and 32 days before you used emergency contraception.
What do you do?
• You can start using CycleBeads on the first day of your next period.
• Use another birth control method until you start using CycleBeads.

If you have been using an IUD, you can use CycleBeads ONLY if:
• Your cycles have been between 26 and 32 days long while using the IUD.
What do you do?
• Be sure your last cycle was between 26 and 32 days long.
• After the IUD is taken out, you can start using CycleBeads on the first day of your next period.
• Use another birth control method until you start using CycleBeads.

If you have just had a miscarriage or an abortion, you can use CycleBeads ONLY if:
• Your cycles have been between 26 and 32 days long while using the IUD.
What do you do?
• As soon as you start having your periods again, keep track of how long your cycles are.
• Wait until you have had 4 periods since your baby was born.
• Be sure your most recent cycle was between 26 and 32 days long.
• Then you can start using CycleBeads on the first day of your next period.
• Use another birth control method until you start using CycleBeads.

If you just had a miscarriage or an abortion, you can use CycleBeads ONLY if:
• Your cycles were between 26 and 32 days long before getting pregnant.
What do you do?
• You can start using CycleBeads on the first day of your next period.
• Use another birth control method until you start using the CycleBeads.

Check with your doctor or clinic
• If you think you might be pregnant. If your period has not started within a week after you moved the ring past the last BROWN bead, you may be pregnant.
• If you had unprotected sex on a WHITE bead day.
• If more than once in a year your period started before you got to the DARK BROWN bead. Your cycles are less than 26 days long and CycleBeads will not work for you.
• If more than once in a year your period has not started by the day after you moved the ring to the last BROWN bead. Your cycles are more than 32 days long and CycleBeads will not work for you.