Who Can Use the Standard Days Method® (SDM)

Screening Checklist

A woman can use the SDM if she meets BOTH of these conditions:
- She has most cycles between 26 and 32 days long, and
- She and her partner can use condoms or avoid sex on the fertile days.

Determine Whether the SDM is Appropriate for the woman

Are her periods about a month apart (cycles between 26 and 32 days)?

Ask:
- Do your periods usually come when you expect them?
- Do your periods usually come about once a month?
  
  Periods that usually come about once a month indicate her cycles are between 26 and 32 days long.
- When was the first day of your most recent period?

  If the client knows the first day of her last period and confirms her periods come about once a month, she can start using the SDM immediately.
  
  If the client does not know the first day of her last period, she will have to wait until her next period to start the method.

Can she and her partner avoid unprotected sex on the fertile days?

The Standard Days Method does not protect against HIV/AIDS or other sexually transmitted infections.

Consider circumstances that can affect cycle length:

If she is POSTPARTUM or BREASTFEEDING
- Has she had four periods since her baby was born?
- Were her last two periods about a month apart?

If she recently used the 3-MONTH INJECTION
- Have three months passed since her last shot? Have her periods returned?
- Were her last three periods about a month apart?

If she recently used the PILL, PATCH, 1-MONTH INJECTION, IMPLANT, HORMONAL IUD, or RING
- Were her periods about a month apart prior to using any of these methods?
- Were her last three periods, since stopping the method, about a month apart?

If she had a NON-HORMONAL IUD
- Were her periods about a month apart while using the IUD?
- Were her last two periods about a month apart?

If she recently had a MISCARRIAGE or an ABORTION OR used EMERGENCY CONTRACEPTION
- Were her last two periods about a month apart before getting pregnant or using EC?

If the answer to ALL questions is “YES,” the method is appropriate for the woman.
CycleBeads are based on the Standard Days Method (SDM), a natural family planning method more than 95% effective when used correctly.

A woman can use this method if her cycles last between 26 and 32 days. Women who have their periods about once a month have cycles in this range.

CycleBeads help a woman know when to use condoms or avoid sex to prevent a pregnancy.

**How to Use CycleBeads**

On the first day of your period, move the ring to the RED bead.

Also mark that day on your calendar.

Every morning move the ring to the next bead. Always move the ring in the direction of the arrow.

Move the ring even on days when you have your period.

When the ring is on a BROWN bead you can have sexual intercourse.

These are days when pregnancy is very unlikely.

When the ring is on any WHITE bead, use a condom or avoid sex to prevent pregnancy.

These are days when you can get pregnant if you have unprotected sex.

The day your next period starts, move the ring to the RED bead again. Skip over any remaining beads. Your period signals that a new cycle has started.

**When can a woman who meets the eligibility criteria start using the CycleBeads?**

- If she can remember the day her last period started, she can start using CycleBeads immediately.
- If she does not remember the date her last period started, she can begin using CycleBeads when her next period starts.
- If she recently was pregnant, is breastfeeding or if she recently used another method, she can start using CycleBeads when her next period starts provided she meets the conditions pertaining to her circumstance.

**When to Contact Your Provider**

- you think you might be pregnant
- you had more than one cycle out of range in a year
- you had unprotected sex on a white bead day

Use your family planning method continuously. For the health of the mother and the baby, wait at least 2 years before trying to become pregnant again.