Visit your health center in the following cases:

- If you have difficulty seeing or feeling your secretions
- If you or your partner have difficulty avoiding unprotected sex on your fertile days
- If you have secretions for less than 5 days in a row
- If you have secretions for more than 14 days in a row
- If your period has not started and you think you may be pregnant

TwoDay Method

This natural method of family planning helps a woman know the days she can get pregnant by checking for secretions. It is more than 96% effective in preventing pregnancy.
How does this method work?

Today you can get pregnant if you had secretions today OR yesterday. To prevent pregnancy do not have unprotected sex today.

Today pregnancy is unlikely if you did not have secretions today AND yesterday.

What are secretions like?

Secretions are not always the same. As days go by, they look and feel different. Once they start, secretions continue for several days in a row.

How can I tell if I have secretions?

You can tell if you have secretions by seeing, touching or feeling them.

You can see or touch them when you go to the bathroom. You can look for secretions on the toilet paper, on your underwear or by touching your genital area.

You can also feel them by paying attention to any moisture in your genital area without interrupting your daily activities.

Pay attention to your secretions two times a day, starting at noon.