

# TwoDay Method®



**Balanced Counseling Strategy**



## TwoDay Method®

### General information:

- Ideal for women who have healthy cervical secretions.
- Healthy secretions do not have a foul smell or cause itchiness or pain.
- You have to monitor your cervical secretions each day. This helps you to track the days when you can get pregnant (fertile days).
- On days you can get pregnant, you must abstain from unprotected sex or you can use a condom or other barrier method.
- Safe for a woman with HIV/AIDS, even if she takes antiretroviral (ARV) medicines.
- Does not protect against sexually transmitted infections (STIs), including HIV.
- Requires partner's cooperation.

### Effectiveness for pregnancy prevention: Pregnancy rate in first year of use is:

- Correct use (no unprotected sex on fertile days) — 4 pregnancies per 100 women (4%)
- Typical use — 14 pregnancies per 100 women (14%)

### How method works:

- You have secretions on the days you can get pregnant.
- For this method, any type of healthy cervical secretions indicate the woman is fertile.
- With the TwoDay Method you must check for the presence or absence of cervical secretions every day. This lets you know which days you can get pregnant.
- If you saw or felt any secretions either today or yesterday, you can get pregnant today.
- If today or yesterday you had secretions, abstain from sex or use a condom or other barrier method today.

## Important facts:

- No costs and no supplies needed.
- Allows you to adhere to religious or cultural norms about contraception.
- You will need some counseling on how to use the method correctly.
- If you have a vaginal infection or another condition that changes your cervical secretions, the TwoDay Method will be difficult to use.
- During the 11–15 days when you can get pregnant, you must abstain from unprotected sex or use a barrier method. This may be difficult for some couples.
- TwoDay Method does not protect against STIs, including HIV.
- Use condoms (male or female) if you feel at risk of STIs, including HIV.

## Method not advised if you:

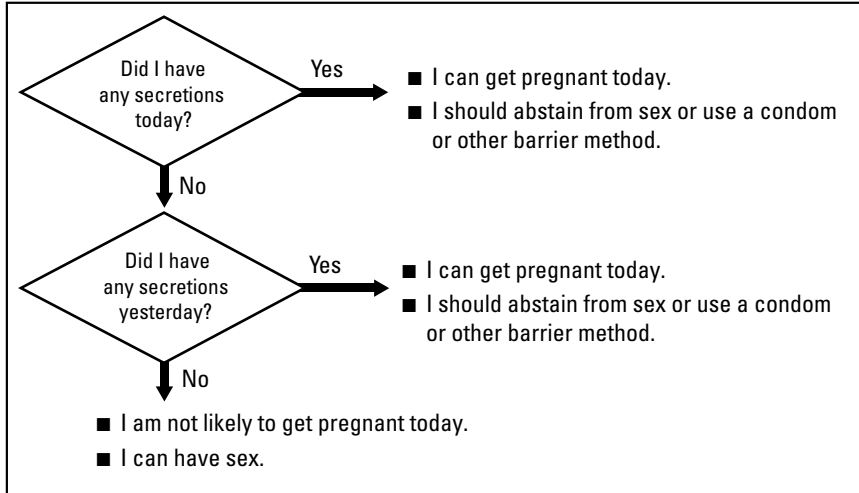
- Are not willing or able to abstain from sex or use a condom or other barrier method during the days you can get pregnant.
- Cannot tell whether or not you have cervical secretions.
- Have reproductive tract infections that may affect your cervical secretions.
- Have not had at least 3 consecutive menstrual cycles since giving birth.
- Have not resumed menstruation after discontinuing a hormonal method.

**Side effects:** None

## How to use:

- 1) Check for secretions as soon as your monthly bleeding stops. Check every day for any secretions. “Secretions” are anything that you perceive as coming from your vagina, except menstrual bleeding.
- 2) You may feel wetness at the opening of your vagina or see secretions on your finger, underpants, or tissue paper.

### 3) Ask yourself two simple questions every day:



4) If you did not notice any secretions today AND yesterday (two consecutive days without secretions), it is not likely you can get pregnant today.

5) If you are not sure whether or not you have secretions, avoid sex or use a condom or other barrier method.

**Note:** Secretions may change in quantity or look different. ANY secretion indicates that you can get pregnant.

### Return to the health care facility any time if:

- You have any questions or problems.
- You have difficulty knowing whether or not you have secretions.
- You or your partner have difficulty abstaining from sex during the days you can get pregnant. You may want to choose another method.
- You have fewer than 5 days with secretions.
- You have more than 14 days with secretions.
- You have sex on a fertile day and want to avoid pregnancy. You can take emergency contraceptive pills (ECPs).
- You think you may be pregnant.