



## TwoDay Method®

### What is the TwoDay Method®?

The TwoDay Method® is a simple and effective natural or fertility awareness based method (FABM) of family planning that relies on the presence of cervical secretions (fluid) as a sign that a woman may be fertile. During the menstrual cycle, a number of changes occur in a woman's body. By observing these changes, couples can plan when to have intercourse and when to avoid intercourse, depending on whether they are trying to achieve or avoid pregnancy.

### How does the TwoDay Method® work?

Research has shown that the presence of cervical secretions is a reliable marker of fertility in a woman's menstrual cycle.<sup>1</sup> Cervical secretions are necessary for sperm survival in the female genital tract. The TwoDay Method® uses the presence of cervical secretions to help a woman determine if she may be fertile. This method is based on a simple algorithm requiring only that the woman determine the presence or absence of cervical secretions on a daily basis

After checking for secretions, a woman must ask herself two questions:

- 1) Did I note cervical secretions today?
- 2) Did I note secretions yesterday?



If the answer is yes to either question then she considers herself fertile that day, and the couple should avoid intercourse if they do not wish to become pregnant. If the answer is no to both questions, she is not likely to become pregnant from intercourse that day.

### How effective is the TwoDay Method® in helping a couple avoid pregnancy?

Results from a clinical trial found the TwoDay Method® is 96% effective at preventing pregnancy with perfect use and more than 86% effective with typical use.<sup>2</sup>

### What are some advantages and disadvantages of the TwoDay Method®?

**Advantages:** The TwoDay Method® is an option for women seeking an effective low cost, hormone free, and natural method of family planning. It is simple to teach and learn, requiring just one short office visit. Additionally, the method can be used by women with irregular cycles and can be started at any point during her cycle.

**Disadvantages:** As with most natural methods, the TwoDay Method® does not provide protection against STDs. The TwoDay Method® does not help a couple identify their fertile window, but only days of "possible fertility." Women with frequent cervical or vaginal secretions may have to abstain from sexual relations for long periods of time if they wish to avoid pregnancy. It requires abstinence during the fertile days if trying to avoid pregnancy.

### Where can I find more information on the TwoDay Method®?

Georgetown University Institute for Reproductive Health: [www.irh.org](http://www.irh.org).

### Sources

1. Klaus, H. "Natural Family Planning: A Review." *Obstetrical and Gynecological Survey* 37 (1982): 128-150.
2. Arevalo M., Jennings V., Nikula M., Sinai I. "Efficacy of the new TwoDay Method of family planning." *Fertility & Sterility* 82 (2004): 885-892.