



# FACTS ABOUT the Fertility Awareness Method

## What is the Fertility Awareness Method?

The Fertility Awareness Method (FAM) is a way of finding out the days you are most likely to get pregnant and then **not having sex on those days**. Some people call this the “rhythm” method.

### How does the Fertility Awareness Method work?

If no sperm are around when a woman releases an egg, then she cannot get pregnant. This usually means that you must not have sex for about **five days before and three days after** an egg is likely to be released.

### How well does the Fertility Awareness Method work?

If you are very careful about taking your temperature and watching for certain body changes, this method works about 78 to 84 percent of the time. It is less effective than most other kinds of birth control methods available today.

### Why would the Fertility Awareness Method be a good choice for me?

The Fertility Awareness Method is accepted by most religions and there are no side effects. Except for buying a basal thermometer, there is no cost.





#### IMPORTANT:


If you want to do the Fertility Awareness Method, ask your doctor or nurse to teach this birth control method to you.

### How do you do the Fertility Awareness Method?

There are three basic ways to do the Fertility Awareness Method.

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**The temperature method.** Each morning before you get out of bed, you take your temperature by mouth with a special basal thermometer and watch for your temperature to go up. This is a different kind of thermometer than the kind you use when you have a fever. When your temperature rises a little on a basal thermometer, it is a sign that your ovary has released an egg.
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**The calendar method.** When you use this method, you use the calendar to figure out when your ovary releases an egg. Most women release an egg, or ovulate, about two weeks before their next period.
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**The mucus method.** Each day you check the mucus from your vagina, or birth canal. Most of the time it is thick and sticky. When it turns clear and looks thin, then an egg is likely to be released.

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## Is there anyone who should not use the Fertility Awareness Method?

The Fertility Awareness Method is not a good choice if:

- Your periods are not regular.
- Getting pregnant would be dangerous for you or could cause a serious health problem.
- It is hard for you to keep good records.
- Not having sex for a week or more each month is a problem for you or your partner.

## Will I have problems if I use the Fertility Awareness Method?

It is sometimes hard to remember to take your temperature, check your mucus every day and keep a record of each day.

If you get an infection or get sick, it can cause your temperature or your mucus to change and give you a wrong sign. Some medicines you put in your vagina can cause your temperature or mucus to change.

Some people find the Fertility Awareness Method frustrating because you and your partner must not have sex at least one week each month.

## Doctor/Clinic Phone number

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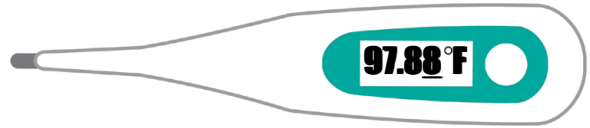


### REMEMBER :

This birth control method does not keep you from getting HIV or any other disease you can get when you have sex. Use a latex condom to protect yourself.

A basal thermometer records from 95 to 100 degrees and has a mark every 1/10 of a degree.

Basal thermometer

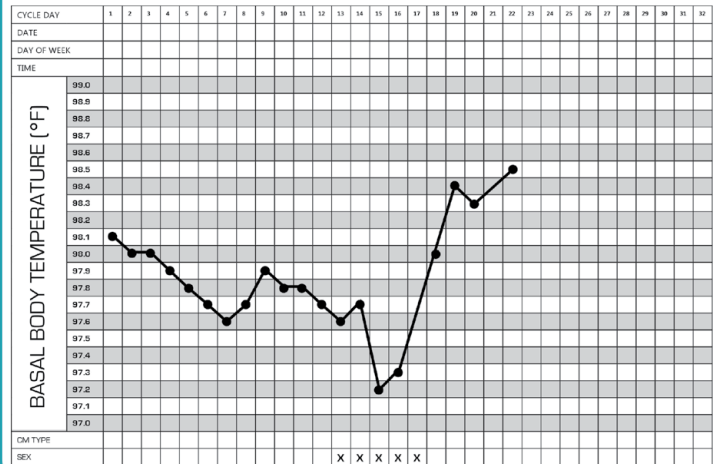


A regular thermometer records from 94 to 108 degrees and has a mark every 2/10 of a degree.

Regular thermometer



Sample Basal Temperature and Mucus Chart



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