

* The Cycle Beads do NOT prevent you from getting a sexually transmitted infection.

FemDays ◀ January ▶ 2004

S	M	T	W	T	F	S
				1	2 N	3 +
4 +	5 +	6 +	7 +	8 +	9 +	10 +
11 +	12 +	13 +	14 +	15 +	16 +	17 +
18 +	19 +	20 +	21 +	22 +	23 +	24 +
25 +	26 +	27 +	28 +	29 +	30 +	31 +

20th

- HINT - Mark the first day of your period on the calendar so if you forget to move the ring, you can go back, count the days and move to the correct bead.



DHHS funds were used for production of this pamphlet

Cycle Beads



CYCLE BEADS



Cycle Beads is a natural, easy and effective method of letting you know when you can become pregnant and when you can't.

They are a string of beads that are used to count the days from your period to the day before your next period begins (menstrual cycle).

To use this method, your cycle must be regular and between 26 to 32 days long.

Each colored bead has a certain meaning.

The **RED** bead marks the day your period begins.

The **BROWN** beads are the days of your cycle when it is unlikely that you will become pregnant.

The **WHITE** beads are the days in your cycle when your chances of pregnancy are greatest.

The **DARK BROWN** bead tells you that your cycle has been less than 26 days.



To use Cycle Beads, you move the rubber ring around the red bead on the day your period begins. Each day you move the ring onto the next bead in the direction of the arrow.

If you and your partner want to have intercourse and you are on a brown bead, your chances of pregnancy are low. If you are on a white bead, your chances of pregnancy are high. In this case, if you do not wish to become pregnant, you must use back-up protection such as a condom.

When your period begins again, skip over the remaining brown beads and put the rubber ring on the red bead - a new cycle has begun.

*** IMPORTANT - If your period begins before you have reached the dark brown bead, your cycle is TOO SHORT and you need to contact your health-care provider. If your period does not begin by the day after the last brown bead, your cycle is TOO LONG, and you must also contact your health-care provider.**

