

# Natural Family Planning/Fertility Awareness

## What Is Natural Family Planning/Fertility Awareness?

These are methods to help you tell which days of the month you are most likely to get pregnant. To avoid pregnancy, abstinence is practiced during the fertile times (when you are most likely to get pregnant). Fertility awareness is also used by couples who want to know the best time to try to get pregnant.

## Does It Work?

- With perfect use, natural family planning methods are 91-99% effective. With typical use, they are 75% effective in preventing pregnancy.

## How Is It Used?

- The woman must keep an exact daily record of her body temperature, and note changes in the mucus (wetness) that comes from the cervix (opening to the uterus) and vagina.
- Couples can use this information to assist them in preventing pregnancy or achieving pregnancy.

## What Are The Advantages?

- It is a natural method that does not require devices or medicine in the body.

## Things To Think About:

- Special teaching is available from a doctor, nurse, or group that explains natural methods.
- It is best to use birth control (such as condom and foam), or not have sex, during your fertile time. Your fertile time may be more than a week each month.
- You must keep a fertility chart. It takes several months to become familiar with your fertility cycles.
- It is not a method you can count on if you have irregular periods.

## *Fertility awareness may be more difficult if you:*

- Have just stopped using a hormonal method of birth control, like the Pill or Depo Provera®.
- Have just started menstruating.
- Are nearing menopause.
- Have just had a baby.
- Are breastfeeding.

## **Sexual Decision Making**

- You have the right to choose to have sexual intercourse or not.
- If you choose to have sex be sure to protect yourself from pregnancy and sexually transmitted infections (STIs).
- Talk to your partner about these choices before you have sex!

### **For More Information Call:**

- **Sexual and Reproductive Health** **944-7115**

### ***Family Planning Clinics***

- **Downtown** **323 - 7th Avenue S.E.** **944-7111**
- **South** **31 Sunpark Plaza S.E.** **943-9510**
- **Sunridge** **406, 2675 - 36 Street N.E.** **944-7666**

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