

Fact Sheet

Standard Days Method (SDM) using CycleBeads

What is the SDM using Cyclebeads?

Standard Days Method (SDM) using CycleBeads is natural method of birth control used by women and their partners. CycleBeads are a string of colored beads that represent the woman's menstrual cycle. A woman can use this method if she has her menstrual period every 26-32 days. By using CycleBeads a woman can see when she is on a day of her cycle that she is likely to get pregnant.

How does the SDM using Cyclebeads work?

SMD using CycleBeads works by helping a woman know which day of her menstrual cycle she is on and whether she is likely to get pregnant that day. On days she is likely to get pregnant, the woman and her partner either use a condom or do not have sex.

How well does the SDM using Cyclebeads work to prevent pregnancy?

SMD using CycleBeads works very well to prevent pregnancy, especially for women whose menstrual cycles usually are between 26 and 32 days long. For every 100 women who use the Standard Days Method with CycleBeads the right way for every month for one year, only 5 might get pregnant. It works as well to prevent pregnancy as condoms, the diaphragm, and other natural methods.

What do women like about the SDM using CycleBeads?

- CycleBeads are an effective method of birth control.
- This method of birth control is reversible (not permanent).
- You do not need to interrupt sex to use this birth control method.
- CycleBeads can be used by women who cannot or do not want to use birth control that contains hormones such as the pill, the shot, the patch, the ring, or implants.
- CycleBeads can be used by women who cannot or do not want to go to a doctor for their birth control method.
- This birth control method involves both the woman and her male partner.
- CycleBead can also be used to help a woman get pregnant.



What do women not like about the SDM using Cyclebeads?

- CycleBeads DOES NOT protect you from HIV and other sexually transmitted diseases (STDs).
- A woman must remember to move the CycleBeads ring every day.
- To prevent pregnancy, a woman and her male partner must use a condom or not have sex on days when pregnancy is possible
- CycleBeads are not very effective for women with menstrual periods shorter than 26 days or longer than 32 days.

What are the possible side effects of the SDM using CycleBeads?

CycleBeads do not cause any physical side effects.

Call the health center as soon as possible if you have any of the following:

- More than one menstrual cycle shorter than 26 days or longer than 32 days
- Trouble remembering to move the CycleBeads ring every day
- Cannot always use a condom or abstain from sex on days you could get pregnant
- Sex without using a condom on a day you could get pregnant
- Miss a menstrual period or think you might be pregnant

Also contact your health care provider if you think you may have a sexually transmitted disease (STD) or if you want to stop using CycleBeads and start using another method.

- To decrease your risk of HIV and other sexually transmitted diseases (STDs), use a latex condom every time you have vaginal, anal, or oral sex.
- Emergency contraception (EC) prevents pregnancy when used no later than 3-5 days after unprotected sex. If you need EC or want more information, call your health care provider, family planning counselor, or pharmacist.