

Information for Fertility Awareness-Based Method

This method varies in efficacy and is dependent on correct and consistent use. Perfect use of a fertility awareness-based method will result in approximately less than 5/100 women becoming pregnant in the first year. Typical use of any fertility awareness-based method will result in approximately 24/100 women becoming pregnant in the first year.

BENEFITS

- ❖ Increased knowledge of the reproductive cycle
- ❖ No menstrual changes
- ❖ No localized side effects
- ❖ No systemic effects
- ❖ Couples can work together
- ❖ May achieve pregnancy if used in reverse
- ❖ Minimal cost

RISKS/SIDE EFFECTS (you may experience the following side effects):

- ❖ No serious side effects
- ❖ May be less effective/difficult with irregular cycles
- ❖ May be less reliable if ill, breastfeeding or stressed
- ❖ Requires motivation and potentially new learning
- ❖ Requires partner motivation and agreement
- ❖ May be less reliable with certain medications
- ❖ May require abstinence at certain times
- ❖ Requires discipline and commitment
- ❖ No protection from STI or HIV infection

ALTERNATIVES

You have received information about the other methods of birth control that are available. Emergency contraception is available for situations of suspected contraceptive failure and offers a second chance to reduce the risk of unintended pregnancy.

INSTRUCTIONS

You have received information about natural family planning/fertility awareness and how to use it. This method does not protect against STIs or HIV.

DECISION NOT TO USE

You may stop using natural family planning/fertility awareness at any time. A woman is most likely to become pregnant if she or her partner are not using a method of birth control.

QUESTIONS

You may ask questions about this method at any time and may contact the clinic with further questions.

North Dakota Department of Health and Human Services

Family Planning Program

Web sites for FABM/NFP information:

1. https://www.bedsider.org/methods/fertility_awareness
2. [https://tcoyf.com/wp-content/uploads/charts/TTA%20Classic%20Chart%20\(F\).pdf](https://tcoyf.com/wp-content/uploads/charts/TTA%20Classic%20Chart%20(F).pdf)
3. <https://www.cyclebeads.com/>
4. <https://www.plannedparenthood.org/learn/birth-control/fertility-awareness/whats-cervical-mucus-method-fams>
5. https://rhntc.org/sites/default/files/resources/RHNTC_FABM_JobAid_2021-03-31.pdf

There are many free and available phone apps to help you navigate your fertility awareness method. Some commonly utilized apps include Natural Cycles (FDA-approved), Fertility Friend, and Clue Period Tracker. Discuss with your provider if you have questions.