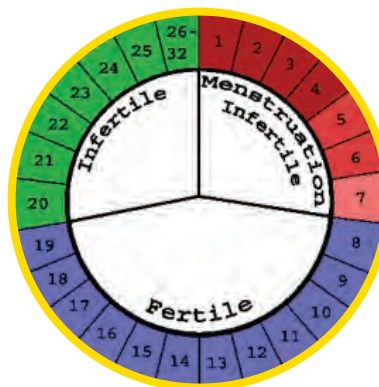


Safe period

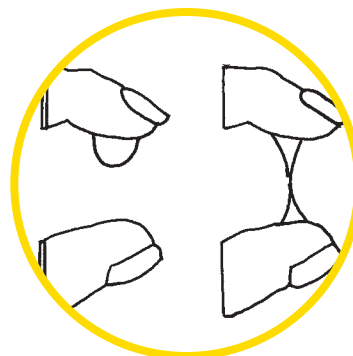
Women with menstrual cycle between 26 and 32 days can prevent pregnancy by avoiding unprotected sexual intercourse on days 8 to 19, taking the day of starting of menstrual cycle as day one. You should know more about standard days method from your ANM.



Cervical mucus method

The opening of the womb of the woman has a sticky fluid called cervical mucus. Typically the mucus is thin and sticky for two days before and after ovulation, which allows for easy passage of the sperm. This is the fertile period. In other days the mucus is thick, dry and breaks on stretching. These days are infertile.

These natural methods need a lot of self-control and have a very high failure rate. Therefore it is advisable to adopt other contraceptive methods that have low failure rate in case the woman does not desire pregnancy.



However, fertility awareness of a woman is desirable in case of couples with the problem of infertility to increase their chances of conception in many cases.

Your responsibilities:

- Talk about fertility awareness in the meetings of women's groups.
- With ovulation awareness a woman can choose to conceive or avoid conception in that cycle. However, it is essential to caution the couple on the high failure rate of this method.
- If a woman has not conceived so far, fertility awareness can help in timing the sexual intercourse and increase their chance of conception.
- For contraception, the couple needs avoiding sexual intercourse in fertile period.