

# The Bead Method – Teacher Cue Card

## Follow-Up Visit

### **Mucus Observation:**

#### **Ask:**

- Do you check at least 3 times each day for mucus?
- Do you make the Feel, See and Touch observation each time you check for mucus?
- Were you able to See and Touch mucus?
- Were you able to Feel wet observations?
- Were you able to identify the drying up days after days of wet observation and or egg white mucus?

*If the answer to any of the questions is no, identify the difficulty and reinstruct with client card.*

### **Use of Bead String**

#### **Ask:**

- Did you remember to string a bead at the end of each day of the cycle?
- Did you know which bead to place on your string each day?

*If the answer to any of the questions is no, identify the difficulty and reinstruct with client card and sample bead set.*

#### **Review:** client bead string

Correct any errors and review with client card and sample bead set.

### **Use of Bead Chart**

#### **Ask:**

- Did you remember to note your observation on your bead chart each day?
- Did you know how to mark your chart each day?

*If the answer to any of the questions is no, identify the difficulty and reinstruct with client bead chart.*

#### **Review:** client bead chart

Correct any errors.

### **Placement of Beads - Regular Instructions**

#### **Ask:**

- Did you place the start up bead on the correct day?
- Did you place the four drying up beads on the string correctly?
- Have you noted acts of intercourse on the bead string?

*If the answer to any of the questions is no, identify the difficulty and reinstruct with client card and sample bead set.*

### **Placement of Beads - Special Instructions**

#### **Ask:**

- Did you string beads correctly? red beads = bleeding, yellow beads = dryness or stick/tacky mucus, green beads = egg white mucus or wet observation
- Did you string the four drying up beads after each episode of bleeding, egg white mucus or wet observation?
- Have you noted acts of intercourse on the bead string?

*If the answer to any of the questions is no, identify the difficulty and reinstruct with client card and sample bead set.*

### **Application of Rules/Achieving Pregnancy**

#### **Ask:**

- If trying to achieve pregnancy, have you had intercourse on days with mucus, days of green beads?

*If the answer is no, identify the difficulty and reinstruct with client card and sample bead set.*

### **Application of Rules/Postponing Pregnancy/Regular Instructions**

#### **Ask:**

- If trying to postpone pregnancy, have you abstained from the start up bead until the night of the fourth drying up bead?

*If the answer is no, identify the difficulty and reinstruct with client card and sample bead set.*

## **Application of Rules/Postponing Pregnancy/Special Instructions**

### **Ask:**

- If trying to postpone pregnancy, have you restricted intercourse to days with yellow beads?  
*If the answer is no, identify the difficulty and reinstruct with client card and sample bead set.*

## **Abstinence (If Applicable)**

### **Ask:**

- How did you manage the fertile days?
- How do you communicate to know on which days to have intercourse?
- Did you have difficulty abstaining?

*Identify any difficulties and provide the necessary support.*

## **Family Planning Intent/Use of Natural Method**

### **Ask:**

- Are you still in agreement about your family planning intent and your use of a natural method?

*If the answer is no, encourage discussion and resolution. The method may no longer be appropriate for the couple.*

## **Risk of Sexually Transmitted Infections**

### **Ask:**

- Do you believe that you are at risk of getting a sexually transmitted infection?
- Since using the Bead Method, have either of you been diagnosed with a sexually transmitted infection?

*If the answer to any of the questions is yes, remind them that the Bead Method does not prevent sexually transmitted infections and refer to a health care provider. The method may no longer be appropriate for the couple.*

## **Method Satisfaction**

### **Ask:**

- How is the method working for you?
- Are you satisfied?
- Do you feel confident in your use of method?
- Are you satisfied with the level of support from spouse?
- What do you like about the method?
- Are you having any difficulties with method?

*Identify any difficulties and provide the necessary support.*

## **When To Contact A Teacher for Follow-Up**

- If a woman has difficulty interpreting her cervical mucus observations
- If a couple has any questions regarding the chart, bead string or rules
- If a couple has difficulties with the relational aspects of the Bead Method
- If there has been a change in a woman's reproductive status

## **When To Contact A Health Care Provider**

- If a woman is having unusual bleeding
- If a couple is having difficulty conceiving
- If a woman is having heavy periods with pain
- If a woman is having painful intercourse
- If a woman is having burning, itching or pain in association with vaginal secretions
- If a woman with regular cycles has not had a period in over 42 days
- Any woman who suspects pregnancy