

The Bead Method – Teacher Cue Card

Initial Visit/Presentation

The Bead Method is a natural method that helps couples know their fertile days by the woman checking her cervical mucus. It is appropriate if a woman has healthy secretions and can check her mucus daily. Couples who use the Bead Method to postpone pregnancy will need to postpone intercourse on fertile days. Couples who are not faithful to each other are at risk of getting a sexually transmitted disease. The Bead Method does not prevent against sexually transmitted diseases and HIV/AIDS.

Assessment Of Suitability Of Method For Couple

1. Are the woman's secretions healthy? **Ask:**

- Have you ever noticed secretions on days you were not bleeding?
- What do they look like?
- Have you recently had unusual bleeding, smelly or itchy secretions? *If the answer is yes, refer woman to health provider. Secretions that indicate disease can create confusion in using the method.*

2. Is the woman able to check for mucus at least 3 times a day, everyday? **Ask:**

- Will you remember to check for mucus every day?
- Will you be able to check at least 3 times a day?
- Will you be able to string a bead each day for your mucus observation and record observation on bead chart?

If the answer to any of the questions is no, the method is not appropriate for the couple.

3. Is the couple in agreement about family planning intent and using a natural method? **Ask:**

- Have you agreed to use a natural method?
- Are you able to discuss with your spouse your family planning intent?
- Are you in agreement with your spouse about your family planning intent?

If the answer to any of the questions is no, the method is not appropriate for the couple.

4. If the couple is postponing pregnancy, can they abstain during the fertile days? **Ask:**

- If postponing pregnancy, can you and your spouse abstain for several days in a row?
- Can you talk to your spouse about when to have intercourse?
- Will you be able to reach an agreement as to how you will manage the fertile days?

If the answer to any of the questions is no, the method is not appropriate for the couple.

5. Is the couple at risk for sexually transmitted infections or HIV/AIDS? **Ask:**

- Do you think either of you is at risk of getting a sexually transmitted infection?

If the answer to the question is yes, the method is not appropriate for the couple

6. Will the couple have problems with method? **Ask:**

- Do you think you will have any problems as a couple using this method?

If the answer to the question is yes, the method is not appropriate for the couple.

Method Start Date/Method Instructions

Address only the section that pertains to the woman's circumstance.

Regular Cycles

Ask: Do your periods come when you expect them? Do your periods come every 3 to 5 weeks?

Start Date: immediately if she is within the first 7 days of her cycle

Instructions Used: Regular

A woman who is not within the first 7 days of her cycle can begin using the beads on the first day of her next period. If postponing pregnancy, they should abstain until her next period. If the couple has had intercourse since her last period, there is a possibility she may already be pregnant.

Irregular Cycles

Ask: Do you regularly have 6 weeks or more between periods?

Instructions Used: Irregular

SEE NOTE

Start Date: immediately if she is within the first 7 days of her cycle

A woman who is not within the first 7 days of her cycle can begin using the beads on the first day of her next period. If postponing pregnancy, they should abstain until her next period. If the couple has had intercourse since her last period, there is a possibility she may already be pregnant.

NOTE: The Start Up Bead should not be placed on day 6. It should be placed on the first day the woman observes mucus and/or a wet sensation. This irregular instruction has a higher probability of pregnancy than regular instruction.

Recent Miscarriage

Start Date: first day of first period after miscarriage

Instructions Used: Regular

If postponing pregnancy, they should abstain until the first day of her first period after miscarriage. If the couple has had intercourse since her miscarriage, there is a possibility she may already be pregnant.

Use of Condom or Diaphragm

Start Date: immediately if she is within the first 7 days of her cycle

Instructions Used: Regular

A woman who is not within the first 7 days of her cycle can begin using the beads on the first day of her next period. If they are postponing pregnancy, they should abstain until her next period. If the couple has had intercourse since her last period, there is a possibility she may already be pregnant.

Use of Pill

Ask: Have you stopped taking the pill ?

Answer No Start Date: first day of next period

Instructions Used: Regular

Answer Yes Start Date: immediately if she is within the first 7 days of her cycle

Instructions Used: Regular

A woman who is not within the first 7 days of her cycle can begin using the beads on the first day of her next period. If postponing pregnancy, they should abstain until her next period. If the couple has had intercourse since her last period, there is a possibility she may already be pregnant.

Recent use of 3 month injection

Ask: Have 3 months passed since your last injection?

Answer No Start Date: 4 months from last shot

Instructions Used: Special

Answer Yes Ask: *Have your periods returned?*

Answer No Start Date: immediately

Instructions Used: Special

Answer Yes Start Date: immediately if she is within the first 7 days of her cycle

Instructions Used: Regular

A woman who is not within the first 7 days of her cycle can begin using the beads on the first day of her next period. If postponing pregnancy, they should abstain until her next period. If the couple has had intercourse since her last period, there is a possibility she may already be pregnant.

Postpartum

Does she meet the criteria for LAM (Breastfeeding Without Bleeding)

Answer Yes Start Date: immediately

Instructions Used: LAM

Answer No Ask: *Have your periods returned?*

Answer No Start Date: immediately

Instructions Used: Special

Answer Yes Start Date: immediately if she is within the first 7 days of her cycle

Instructions Used: Transition

A woman who is not within the first 7 days of her cycle can begin using the beads on the first day of her next period. If postponing pregnancy, they should abstain until her next period. If the couple has had intercourse since her last period, there is a possibility she may already be pregnant.