

Two Day Method Checklist – Initial Visit

The Two Day Method is appropriate for a woman who can pay attention to her secretions daily and, with her partner, avoid unprotected sex on her fertile days.

The Two Day Method is a natural method that helps a woman identify her fertile days by checking her vaginal secretions. This checklist helps the provider determine, along with the client, if the method is appropriate for her and her partner.

Healthy Secretions

1 Are the woman's secretions healthy? no

Ask the user:

- Have you ever noticed secretions? Have you noticed them recently?
- What do they look like?
- Have you ever had pelvic pain or foul smelling or itchy secretions?

Daily Observation

2 Will the woman be able to pay attention to her secretions several times a day, everyday? no

Ask the user:

- Will you remember to check your secretions every day?
- Will you be able to check several times a day?
- Will you mark in your client card if you had them or not?

Special Circumstances Answer only the question that pertains to the woman's circumstance.

Postpartum or Breastfeeding

3 Has she had her period at least 4 times since the baby was born? no

Recent use of 3-month injection

4 Have 4 months passed since she received the last injection? and Has she had her period after those 4 months? no

Recent use of 1-month injection

5 Has one month passed since her last injection? and Has her period returned after that month? no

Recent use of the pill.

6 Has she stopped the method? and Has her period returned after stopping it? no

Emergency contraception

7 Has the bleeding associated with the use of emergency contraception stopped? and Has her period returned after using it? no

Recent use of an IUD

8 Has the IUD been removed? no

Recent miscarriage or abortion

9 Has the bleeding associated with the abortion stopped? and Has her period returned? no

If the answer to any of the main questions is NO, the Method may not be appropriate for the woman.

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Couple in agreement

10 Does the couple want to avoid pregnancy at this time?

no

Ask the user:

- Are you able to discuss openly with your partner about not getting pregnant at this time?
- Have you agreed that it is important not to get pregnant right now?
- Have you discussed using a family planning method now?
- Have you agreed to use a natural method?

Handling fertile days

11 Can the couple avoid unprotected sex during the fertile days?

no

Ask the user:

- How would you and your partner feel about not having unprotected sex for several days in a row?
- What do you think you will do to avoid unprotected sex on your fertile days?
- Can you talk openly with your partner about when you want to have sex and when to avoid it?

Risk of STIs, HIV/AIDS

12 Is the couple free of risk from sexually transmitted infections (STIs) or from HIV/AIDS?

no

Ask the user:

- Is the couple faithful to each other?
- Do you think either of you is at risk of getting an STI?

If the answer to all the main questions is **YES**, the method is appropriate for this couple.

If the answer to any of the main questions is **NO**, the method may **NOT** be appropriate for the couple.

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When did she get her last period?

- a) Less than one week ago
- b) More than one week ago
- c) More than two weeks ago

Depending where the woman is on her cycle, briefly explain what she may expect regarding her secretions. If 7 days have passed since her last period and she has had unprotected sex, indicate that she may already be pregnant.