

Fertility Awareness Methods (FAM)

How:

Fertility Awareness Methods (FAM) teach you to know your body's fertile time. You do not have sex near the time an egg is released. This is the time when you can get pregnant.

When:

You record body signs every day and follow all the FAM rules. Instead of a calendar, people can use a string of 32 colored beads called CycleBeads® or a phone app to track fertile days.

FAM can be used after giving birth while breastfeeding, but this is not the best time to learn FAM because your periods might not be regular. Try to learn FAM before pregnancy.

Where:

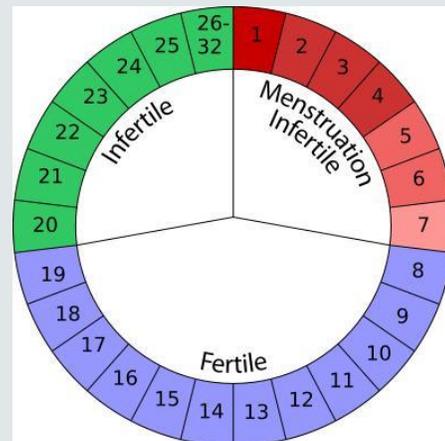
Ask your clinic about a FAM class. Learn about changes in your cervical mucus and body temperature to know when you can get pregnant.

Advantages:

FAM has no health risks. The methods can be used to help you get pregnant or prevent a pregnancy. FAM helps you understand how your body works. Anyone who has concerns about using birth control or hormones can use this method.

Disadvantages:

For FAM to work, you check and record your body signs every day. It is hard for



some couples to learn and practice FAM. Others find it hard not to have sex during the time of the month when an egg is ready. Couples need to plan ahead to prevent or plan a pregnancy.

Side effects:

FAM takes time and practice.

Risks:

FAM does not protect against HIV/STDs.

Effectiveness:

There are different FAM methods. Five out of 100 women will get pregnant in the first year always using the Standard Days Method® the right way. In the first year, 4 out of 100 women will get pregnant always using the Two Day Method® the right way, and 3 out of 100 women will get pregnant always using the Ovulation Method the right way. About 24 out of 100 women will get pregnant if they don't always use FAM the right way.