Visit your health center in the following cases:

- If you have difficulty seeing or feeling secretions
- If you or your spouse have difficulty not having sex on your fertile days
- If you have secretions for less than 5 days in a row
- If your period has not started and you think you may be pregnant
- If you need a new card
- Bring your client card with you when you visit your teacher

How to Use the TwoDay Method

Look for the day of the week your period started and begin marking on that day.

Mark:
- ( ) the days you have your period
- ( ) the days you do not have secretions
- (X) the days you have secretions

Remember to mark every night before going to bed.

Visit your health center in the following cases:

- If you have difficulty seeing or feeling secretions
- If you or your spouse have difficulty not having sex on your fertile days
- If you have secretions for less than 5 days in a row
- If your period has not started and you think you may be pregnant
- If you need a new card
- Bring your client card with you when you visit your teacher

Pregnancy is likely if you had secretions (X) today OR yesterday. Do not have sex today.

Pregnancy is unlikely today if you are on your period or if you did not have secretions today AND yesterday.

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Caution

Pregnancy is likely if you had secretions (X) today OR yesterday. Do not have sex today.