

Advantages

- Cost effective
- Doesn't interfere with the menstrual cycle and doesn't involve hormones
- People gain better awareness of their cycle and when they are most fertile

Disadvantages

- Requires daily awareness of signs and symptoms of fertility
- May require long periods of abstinence (not having sex)
- It can be difficult to predict ovulation
- Not a good method for anyone with irregular cycle, difficulty monitoring physical changes and people who don't want to abstain from sex

Everyone is different - if you're thinking about this method, please chat to a doctor or nurse about whether its suitable for you

Our mission statement

Family Planning Welfare Association of NT will advocate for and provide enhanced reproductive and sexual health and wellbeing to all Territorians. This will be achieved through the provision of best practice clinical care and contemporary education and information services



Get in touch with us!

www.fpwnt.com.au

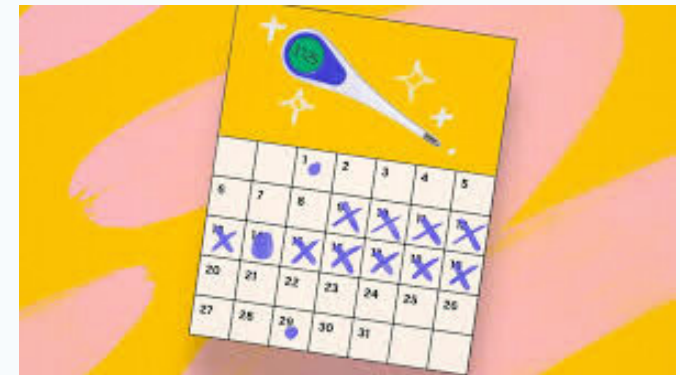
Darwin Clinic - Unit 2, The Clock Tower,
Dick Ward Drive Coconut Grove

Palmerston Clinic - Palmerston Health Precinct Complex,
3 Gurd Street Farrar NT 0830

08 8948 0144

Family Planning
Welfare Association of NT Inc.

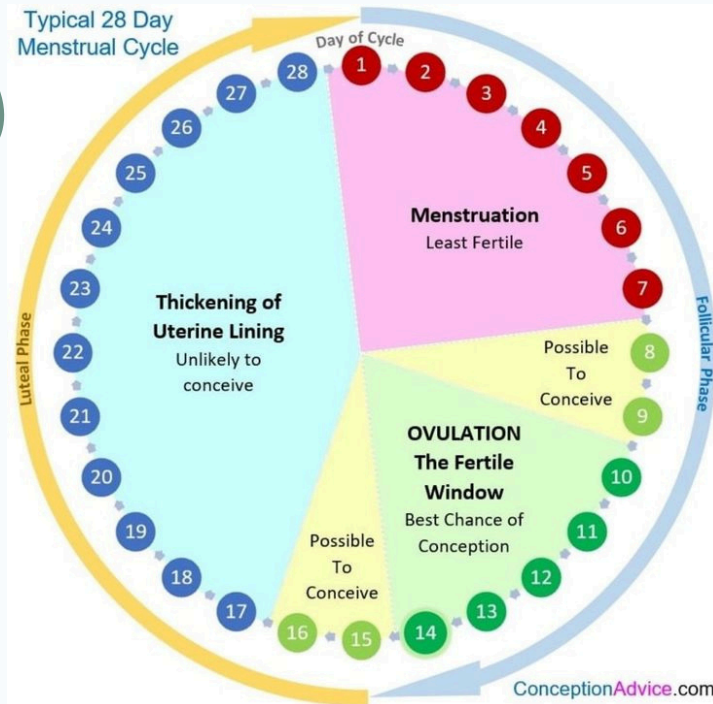
Fertility Awareness Methods (FAMS)



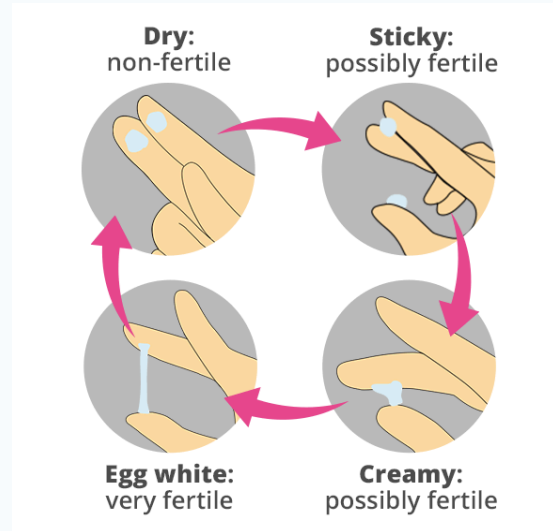
Used typically is 76% effective. Used perfectly can be 99% effective

Involves knowing your cycle, strict monitoring of fertility and not having unprotected intercourse when most fertile

Cycle tracking



Cervical mucus changes



Temperature method



Cycle tracking

This method involves tracking your cycle over several months to work out exactly how long and regular it is. Everyone's cycle will be a bit different.

In the example above, that person should avoid unprotected sex should be avoided during days 8-16.

Cervical mucus changes

Cervical mucus varies in consistency throughout the menstrual cycle. The most fertile time (ovulation) has thin, egg-white mucus. The least fertile time has drier or stickier mucus.

Body Temperature

Take and record your temperature with an electronic thermometer at the same time every day.

Your body temperature recording will increase just after ovulation.

You are most fertile 5 days before this and several days after.