



FACILITATOR RESOURCE

CycleBead® instructions

What are CycleBeads®?

- CycleBeads® represent the menstrual cycle
- There are 32 beads, each representing a day of the cycle.
- The red bead represents the first day of menstruation – which also is the first day of the cycle.
- The brown beads represent when pregnancy is very unlikely.
- The white beads represent fertile days when a woman can get pregnant. A moveable rubber ring is used to mark each day.
- The cylinder, with an arrow, indicates the direction in which the ring should be moved.
- The darker brown bead helps the client know if her period came on time.



How to use CycleBeads®

- To use CycleBeads® the client puts this ring (*indicate ring – No. 1*) on the red bead the day the client gets her period. Then each day after that the client moves the ring forward, one bead per day, in the direction of the arrow (*No. 2*).
- Move the ring even on days when the client is having her menstrual bleeding (or monthly bleeding).

- When the ring is on the red bead or a brown bead, the client is on a day when it is very unlikely to get pregnant if the client has unprotected sex.
- When the ring is on a white bead, the client is on a day when pregnancy is very likely. To prevent pregnancy, use condoms or do not have sex on these white-bead days.
- Most women will get their periods somewhere in this area (*indicate days between dark brown bead and last bead, No. 5*) and when they do they move the ring forward to the red bead and start the process over.
- Because this method works best for women with cycles between 26 and 32 days long, there is a darker bead to let the client know if the client has a shorter cycle (*indicate darker bead, No. 4*).
- If the client gets her period before reaching this dark brown bead, the client's cycle is shorter than 26 days and this may not be as effective for the client.
- There are also 32 beads here so if the client doesn't get the client's period by the day after the ring is put on the last bead, her cycle may be longer than 32 days and again, this method may not be as effective for the client.
- The medical recommendation is that if the client has a cycle outside this range more than once in a given year that the client uses a different family planning method.
- To help the client know if the client has moved the ring daily, always mark the first day of her period on a calendar. That way, if the client ever forgets if she has moved the ring, she can check her calendar to see when her period came. Starting with the first bead, count how many days have passed since her period started and place the ring on the bead for today.