

# Fertility-Awareness Based Methods

Ovulation is the time during a woman's menstrual cycle when she is most likely to get pregnant. Conception can occur when sexual intercourse takes place during the fertile window, from 5 days before to 1 day following ovulation. Fertility awareness-based methods (FABs) rely upon avoiding unprotected sex during this fertile window.

## How does it work?

When using fertility awareness-based methods, the first thing to do is to become familiar with your menstrual cycle. There are several methods to determine when ovulation occurs:

- Measuring your basal body temperature every day and charting it on a special form;
- Checking your urine with an ovulation kit to measure the LH hormone;
- Observing changes in your cervical mucus;
- Using an app to follow the calendar method and track your menstrual cycles and ovulation;
- Or a combination of all of these methods.

Using these methods, you can calculate your fertile window and then avoid having sex during this time.

## How effective is it?

24 out of every 100 couples who use fertility awareness-based methods each year will have a pregnancy, based on typical use.

### Advantages

- + Safe
- + Little cost
- + No hormones
- + No side effects
- + These methods are considered natural
- + Allows you to learn about your own body

### Disadvantages

- This method is the least effective in preventing pregnancy
- It can be tricky, because not all menstrual cycles are regular
- Requires both partners to be fully committed to using the method
- Requires a lot of practice to learn how to use this method correctly
- Can be challenging to avoid sex at certain times
- Does not protect against STIs