



MARQUETTE MODEL

Natural Family Planning

NFP Quick Instructions for the Marquette Model

(Fertility Monitor Only)

These instructions assume that you wish to use the ClearBlue Easy Fertility Monitor (CBEM) alone to monitor your fertility and to avoid or achieve pregnancy. These instructions assume you have purchased a CBEFM and have read the fertility monitor instruction booklet. The following instructions start on the first day of your next menstrual cycle. The menstrual cycle begins on the first day of your period (i.e., menses).

Please note: there are only 6 days of fertility during a menstrual cycle - the day of ovulation and the 5 days before. These 6 days are called the "fertile window." You need to know the **beginning, peak, and end** of the fertile window. The CEFM estimates the fertile window by measuring two female reproductive hormones in the urine. The monitor will provide you with three levels of fertility: **low, high, and peak**. The monitor does not always provide an early enough warning for the beginning of the fertile phase, and it will miss a peak fertility reading in about 8% of cycles. Therefore, a simple formula has been developed to go along with the monitor.

TO AVOID PREGNANCY:

Do not have intercourse or genital contact during the fertile window - i.e., from the first day of fertility through the last day of fertility. The length and time of the fertile window will vary from cycle to cycle. Couples who are using the CEFM as an aid to avoiding pregnancy will be asked to refrain from intercourse on all "high" and "peak" days and to use the following instructions for determining the fertile window.

THE BEGINNING OF FERTILITY:

1. Fertility **BEGINS** on day 6 of the first 6 cycles.
2. After 6 cycles, fertility **BEGINS** on the earliest day of "peak" during the last 6 cycles minus 6 days or the first "high" reading on the monitor - whichever comes first.

THE END OF FERTILITY:

3. Fertility **ENDS** on the last "peak" day on the monitor plus 3 full days.
4. After 6 cycles, fertility **ENDS** on the last "peak" day of the last 6 cycles plus 3 full days, or the last "peak" day on the monitor plus a count of 3 full days - whichever comes first.

These instructions are to be used only for those women who have cycles between 22 and 42 days in length. If there are two or more cycles that fall out of that range or the menstrual cycles vary by more than 10 days, see your professional NFP teacher for advice.

Women who are coming off of hormonal contraception, who recently were pregnant, or who recently stopped breastfeeding should wait until they have at least 2 natural menstrual cycles in a row before using the monitor. There is a separate protocol being developed for women who are breastfeeding and not in cycles.

TO ACHIEVE PREGNANCY:

- Have intercourse on "high" and "peak" fertility days.
- Please download blank and example chart to get started.