Two Day Method: A New Method of Family Planning

The TwoDay Method™ (TDM), a new method of family planning, developed by the Institute for Reproductive Health, Georgetown University, is based on identifying the fertile days of a woman’s menstrual cycle. More than 96% effective when used correctly,¹ this method is well grounded in research that shows the relationship of such physiological signs as cervical secretions to fertility.² Several studies have shown that changes in the characteristics of cervical secretions represent a good indicator of the fertile days of a woman’s menstrual cycle. Established natural methods, such as the Billings Ovulation Method and the Sympto-thermal Method, are based on monitoring and interpreting these characteristics.³ The TwoDay Method is another approach to interpreting these changes that is easier to teach, learn, and use.

How the TwoDay Method Works

The TwoDay Method requires a woman to monitor each day the presence or absence of secretions to determine if she can get pregnant today. The woman asks herself two simple questions: (1) Did I note any secretions today? and (2) Did I note any secretions yesterday? If she notes secretions either today or yesterday, pregnancy is likely today. She is advised to avoid unprotected intercourse if she wishes to prevent a pregnancy. If she does not note secretions on both days, pregnancy is not likely today. Women are instructed to monitor their secretions each afternoon and evening, either by sensation or by observation. They are also instructed to consult with their health provider if they feel or observe more than 14 consecutive days of secretions, to assess the possibility of infection.

How Effective is the TwoDay Method

Researchers from the Institute used several large data sets to determine the theoretical efficacy of the TwoDay Method, including data from a World Health Organization study and from a multi-center European study.⁴ The analysis was designed to answer two questions: (1) How effective would the TwoDay Method be in helping couples avoid pregnancy? and (2) How long is the fertile phase identified by the TwoDay Method? They determined that the theoretical
The Institute for Reproductive Health conducts research and provides technical assistance on expanding access to natural methods of family planning and improving options for women and couples worldwide.

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