Combining the two indicators
Combining the two indicators acts as a double check and increases the effectiveness of NFP to avoid pregnancy.

The illustration shows a chart combining temperature and cervical secretions. The fertile time starts at the first sign of any secretions and ends after the three highest temperatures are recorded, as long as all high temperatures happen after the peak (the day of falling ovarian or cervical dryness starts).

How long your cycle lasts
The length of your cycle can help to define the start of your fertile time, from one to six days before your last menstrual period. Each woman's cycle is different. For some women, the fertile period is shorter than the length of the cycle, while for others, it may be longer. It is important to recognize these subtle changes to ensure your fertile period.

Other changes during the menstrual cycle
Some women may experience pain around ovulation or changes in the breasts, skin, mood or sexual desire. These are the least reliable indicators of the fertile time.

Breastfeeding as a NFP method
Breastfeeding can be very effective in avoiding pregnancy when:

• your baby is less than six months old

• you are fully breastfeeding which means that you are giving your baby no other food or fluids

• you have no periods.

All of the above points must apply for breastfeeding to be as effective a family planning method.

Where can I get help with NFP?
If you decide to use NFP, you need to find someone to teach you how to use it. GPs and family planning clinics often don’t teach NFP. Some doctors charge a fee. If you would like further information or help to find your local doctor, contact:

Fertility UK
Cliburn House
1 Byne's Place
Byne Road
London W4 9KX
Phone 020 7371 1311

Monday to Friday 9am to 5pm
There is also a comprehensive website on http://www.newsletter.com

Fertility advice – Private
Fertility advice work by monitoring changes in temperature, urine or saliva. In the United Kingdom, the main device available in Fertility UK. It consists of a small handheld computer monitor and a series of urine test strips which measure hormonal changes. The monitor then uses these changes to predict the fertile and infertile times of the menstrual cycle. If you use Fertility UK, you should see a fertility specialist for advice on your specific case.

Fertility care – Free
Fertility care work by monitoring changes in temperature, urine or saliva. In the United Kingdom, the main device available in Fertility UK. It consists of a small handheld computer monitor and a series of urine test strips which measure hormonal changes. The monitor then uses these changes to predict the fertile and infertile times of the menstrual cycle.

Women in Q1 will get pregnant in a year.
A number of new and different devices will become available during the next few years, resulting in improved accuracy.

How do I find a family planning doctor or clinic?

Fertility care is free through the National Health Service. You can find a list of GPs in London post offices or online or from health authorities or health boards. Doctors who give contraceptive services need to have an ‘L’ after their names.

You can get details of your nearest family planning or sexual health clinic from your phone book, health centres, hospital or health centre advice lines, health authorities or the British Association of Sexual Health.

Fertility care – Private
Fertility care work by monitoring changes in temperature, urine or saliva. In the United Kingdom, the main device available in Fertility UK. It consists of a small handheld computer monitor and a series of urine test strips which measure hormonal changes. The monitor then uses these changes to predict the fertile and infertile times of the menstrual cycle. If you use Fertility UK, you should see a fertility specialist for advice on your specific case.

Ask an expert for a free copy of the following leaflets:

• The combined pill
• The injection
• Emergency contraception
• The pill
• The needle
• Condoms
• Cervical cancer
• Emergency contraception
• Oral usually takes effect within a few days after sex.
• Sexually transmitted infections

Male and female condoms
Diaphragms and caps
Male and female condoms
Emergency contraception
After you have had your baby
A guide to family planning services.

A final word
This leaflet can only give you basic information about natural family planning. The information is based on the evidence and medical opinion available at the time this leaflet was printed. Different people may give you different advice on this topic.

Remember – consult your doctor or a family planning clinic if you are unsure or uncertain about anything.

For more information, contact the Contraceptive Education Service at 020 7371 1311.
Natural family planning (NFP)

This leaflet gives information on how natural family planning can help you to avoid pregnancy.

Fertility awareness helps you to recognize the fertile times and safe intervals during the menstrual cycle (the time from the first day of your period until the day before the most usual day of ovulation) so you can plan to avoid pregnancy.

Questions & Answers

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What are the disadvantages of NFP? 5
It takes three to six cycles to start effectively.

You have to keep daily records.

It risks illness, stress, and travel in pregnancy.

You need to avoid contraception (use another barrier method) during the fertile time.

You need to be with your partner and have to get very extensive care during the fertile time.

NFP success depends on which method you use.

Can anyone use NFP? 5
People can use NFP as long as they practice good instructions and support. They can be used at all stages of reproductive life.

How do I record the fertility indicators? 5
Some natural methods rely on using one of the indicators of fertility. Other methods use two or more indicators (this is more effective).

First indicator - temperature

Your body temperature rises slightly after you have ovulated. You can chart this by taking your temperature every day as soon as you wake up. A fertility thermometer or digital thermometer will show the slight changes in temperature more easily. You'll have to take your temperature every day for two weeks. If you get out of bed or have anything to eat or drink, then the readings produced by your core temperature change in result and increase in amount. At first, you may feel sick, dizziness, and headache. This is the start of the fertile time.

The section then becomes cooler, weaker, and colder, and you can have low-grade fever. It is a sign that you are at your most fertile times.