Natural Family Planning Methods

CRITERIA	METHOD NAME	CREATED	FORM OF USE	EFFECTIVENESS FOR SPACING PREGNANCY	EFFECTIVENESS IN SEEKING PREGNANCY	COMMENTS
Probabilistic calculation of fertile days	OGINO-KNAUS (rhythm or calendar method)	1924-1928	Predicts fertile days based on the duration of the last 12 cycles; the resulting days are cataloged as the fertile days of each cycle.	90–70%	—	Only useful for women with regular cycles of 26–32 days.
	STANDARD DAYS METHOD	Georgetown University	Women count their cycles on a loop of beads numbered and colored to predict fertile and infertile days.	95% (correct use) 88% (typical use)[1]	—	
Observation of cervical mucus	BILLINGS OVULATION METHOD ™	1953 Australia	Based on making regular observations of the cervical mucus to define each day as fertile or infertile	95%	78%	Simple and easy to learn. It may be used during breastfeeding.
	CREIGHTON MODEL FertilityCare™ SYSTEM	1976 USA	Based on the standardized observing and recording of biological markers, indicating the fertile days during each cycle	97%–83%[2,3]	98–76%	Also detects any alterations in gyneco-logical and reproductive health. It may be used during breastfeeding.
Observation of basal body temperature	BABY-COMP® LADY-COMP® PEARLY®	1987 Germany	Electronic devices developed to measure and record changes in basal body temperature	98%[4,5,6]	—	
Interpretation of various signs of fertility	Sympto-Thermal	1980	Combines the interpretation of basal temperature, cervical mucus, mood, etc., and daily recording to identify fertile days precisely	99.8%–94%	—	
	Marquette Method Sympto-hormonal	1999	Uses electronic monitor to detect the levels of hormones in urine; combines the interpretation of multiple signs to identify fertile days precisely	99% (perfect use) 86%–93%[7,8]	85%	May be used during breastfeeding
Determination of hormone levels in urine (estradiol, LH)	Persona®	1996 England	Uses disposable sticks to detect hormone levels in urine; measurements are taken on different days of the cycle to better predict ovulation	94%[9,10]	—	Only useful for women with regular cycles of 23–35 days
	Clearblue®	1985 USA	Uses disposable sticks to detect hormone levels in urine and detect the woman's most fertile days	99.4%[11,12]	—	Only marketed for achieving and not avoiding pregnancy
Determination of electrolyte levels	Ovacue®	1970 USA	A monitor that measures levels of electrolytes in saliva to determine fertility	98%[13]	—	Can be used during breastfeeding

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2. creightonmodel.com/effectiveness.htm
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5. Frank-Herrmann P, Heil J, Gnoth C, et al. The effectiveness of a fertility awareness based method to avoid pregnancy in relation to a couple's sexual behavior during the fertile time: a prospective longitudinal study. *Human Reprod.* 2007; 22(5): 1310–9.
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7. Fehring RJ, Schneider M, Lee Barron M. Efficacy of the Marquette Method of natural family planning. *Am J Matern Child Nurs.* 2008; 33(6): 348–54.
8. nfp.marquette.edu/efficacy.php
9. persona.info/uk/what_is.php
10. Janssen CJ, van Lunsen RH. Profile and opinions of the female Persona user in The Netherlands. *Eur J Contracept Reprod Health Care.* 2000; 5(2): 141–6.
11. Guida M, Bramante S, Acunzo G, Pellicano M, Cirillo D, Nappi C. Diagnosis of fertility with a personal hormonal evaluation test. *Minerva Ginecol.* 2003; 55(2): 167–73.
12. clearblueeasy.com/clearblue-easy-fertility-monitor-faq.php
13. ovacue.com/ovacue-vs-other-methods-ovulation-prediction