

# Avoiding Pregnancy



## How to avoid pregnancy

If a couple wish to space their children or to limit their families, they should have sexual intercourse only in the infertile phases of the cycle.

Using the knowledge of fertility awareness the woman can recognize the fertile and infertile phases of the cycle. [What is meant by Fertility Awareness?](#)

The LIMITS of the fertile and infertile phases are defined by the RULES of the symptothermal double-check method of natural family planning and the woman must be taught these by a qualified Natural Family Planning teacher.

## The effectiveness of NFP in avoiding pregnancy

The symptothermal double-check method of natural family planning which is taught by our organization (NFPTAI), is very effective, about 98% in avoiding pregnancies and in this regard it is as effective as the 'Pill' and more effective than barrier methods (e.g. condoms).<sup>2</sup> In order to achieve high effectiveness, couples need to be taught the natural family planning rules by a qualified NFP teacher and must adhere to these rules. It is important to note that no method of family planning, whether natural or artificial, is 100% effective in avoiding pregnancy.

**IMPORTANT:**      **Avoid genital contact in the fertile phase of the cycle if pregnancy is to be avoided:**

Users of natural family planning who wish to avoid pregnancy are advised to avoid all genital contact during the fertile phase for the following reason. It is known that the first portion of the seminal ejaculate has the highest sperm concentration and if there is any genital contact in the fertile-phase of the cycle, fertile-type mucus present at the vulva can attract, and transport sperm to the cervix, and conception may follow without penetration. This statement has been validated by the occurrence of many conceptions

without penetration.<sup>1</sup>

1. Klaus, H ; Natural Family Planning : A Review 2nd Edition. July 1995, page 13; NFP Center of Washington, D.C. Inc. , 8514 Bradmoor Drive, Bethesda, MD 20817-3810
2. Frank-Hermann Petra et al, 'The effectiveness of a fertility awareness based method to avoid pregnancy in relation to a couple's sexual behaviour during the fertile time: a prospective longitudinal study'; Hum Repro; Feb 2007; p1-10. (online).