

Natural Cycles

User Manual / Instructions for Use

Please read this manual before you start using Natural Cycles.

Indications for Use

Natural Cycles is a stand-alone software application, intended for women 18 years and older, to monitor their fertility. Natural Cycles can be used for preventing a pregnancy (contraception) or planning a pregnancy (conception).

Contraindications

There are no known contraindications for use of Natural Cycles.

Natural Cycles may not be right for you if

- You have a medical condition where pregnancy would be associated with a significant risk to the mother or the fetus. Using Natural Cycles does not guarantee 100% that you will not get pregnant. If pregnancy presents a significant risk, you should talk to your doctor about the best contraceptive option for you.
- You are currently taking hormonal birth control or undergoing hormonal treatment that inhibits ovulation. Natural Cycles will mainly provide red days if you do not ovulate. You can explore the app in Demo Mode until you discontinue your hormonal birth control or treatment.

Natural Cycles

User Manual / Gebrauchsanweisung

Liest w.e.g. dës Handbuch ier Dir ufänkt Natural Cycles ze benotzen.

Indikatiounen fir ze benotzen

Natural Cycles ass eng stand-alone Software Uwendung, geduecht fir Fraen 18 Joer a méi al, fir hir Fruchtbarkeet ze iwwerwaachen. Natural Cycles ka benotzt gi fir eng Schwangerschaft ze vermeiden (Contraceptioun) oder eng Schwangerschaft plangen (Konzeptioun).

Kontraindikatiounen

Et gi keng bekannt Kontraindikatiounen fir de Gebrauch vun Natural Cycles.

Natural Cycles ass vläicht net richteg fir Iech wann

- Dir hutt e medizinesche Zoustand wou Schwangerschaft mat engem bedeitende Risiko fir d'Mamm oder de Fetus verbonne wier. Benotzt Natural Cycles garantéiert net 100% datt Dir net schwanger gëtt. Wann d'Schwangerschaft e bedeitende Risiko duerstellt, sollt Dir mat Ärem Dokter schwätzen iwwer déi bescht contraceptive Optioun fir Iech.
- Dir maacht de Moment hormonell Gebuerts kontroll oder maacht eng hormonell Behandlung, déi d'Ovulatioun hemmt. Natural Cycles bitt haaptsächlech rout Deeg wann Dir net ovuléiert. Dir kënnt d'App am Demo Modus exploréieren bis Dir Är hormonell Gebuerts kontroll oder Behandlung ophält.

Warnings

- ⚠ No method of contraception is 100% effective. Natural Cycles does not guarantee that you cannot get pregnant, it only informs you whether and when you can become pregnant based on the information that you enter into the application.
- ⚠ Even with using the app perfectly, you can still have an unintended pregnancy. Natural Cycles is 93% effective under typical use, which means that 7 women out of 100 get pregnant during 1 year of use. With using the app perfectly, i.e. if you never have unprotected intercourse on red days, Natural Cycles is 98% effective, which means that 2 women out of 100 get pregnant during 1 year of use.
- ⚠ On red days, you must either abstain or use protection, such as condoms or another form of barrier protection, to prevent pregnancy. If you have not been using a non-hormonal method of contraception before, make sure to have a method on hand to use during red days.
- ⚠ Our data show that women transitioning to Natural Cycles from hormonal contraception have a higher risk of becoming pregnant due to generally not yet being accustomed to using other forms of protection, such as a condom or another form of barrier protection.
- ⚠ If you are discontinuing hormonal contraception, you may first experience a withdrawal bleed, which is much lighter than your true period. You will normally get your true period a few weeks later. Withdrawal bleeding should not be entered as "period". If you are unsure if you are experiencing withdrawal bleeding or a period, please consult your doctor.
- ⚠ Natural Cycles does not protect against sexually transmitted infections (STIs). Use a condom to protect against STIs.
- ⚠ Always check your fertility status for the day. Be aware that fertility predictions for upcoming days are only predictions and may change in the future. If you are unsure of your fertility status and can't access the app, abstain or use protection in the meantime.
- ⚠ If you are exploring the demo version of the app, this is for informational or instructional purposes only and does not display real data. Do not use the information displayed in Demo Mode for contraceptive purposes.

Warnungen

- ⚠ Keng Kontraceptiounsmethod ass 100% effektiv. Natural Cycles garantéiert net datt Dir net schwanger ka ginn, et informéiert Iech nëmmen ob a wéini Dir schwanger ka ginn op Basis vun der Informatioun déi Dir an d'Applikatioun gitt.
- ⚠ Och wann Dir d'App perfekt benotzt, kënn Dir ëmmer nach eng onbedéngt Schwangerschaft hunn. Natural Cycles ass 93% effektiv ënner typesche Gebrauch, dat heescht datt 7 Fraen aus 100 während engem Gebrauchsjoer schwanger ginn. Wann Dir d'App perfekt benotzt, dat heescht wann Dir ni ongeschützt Geschlecht op roude Deeg hutt, ass Natural Cycles 98% effektiv, dat heescht datt 2 Fraen aus 100 während engem Gebrauchsjoer schwanger ginn.
- ⚠ Op roude Deeg musst Dir entweder ofhalen oder Schutz benotzen, sou wéi Kondomer oder eng aner Form vu Barrièreschutz, fir Schwangerschaft ze vermeiden. Wann Dir nach ni eng net-hormonell Kontraceptiounsmethod benotzt hutt, gitt sécher eng Method zur Verfügung ze hunn fir während roude Deeg ze benotzen.
- ⚠ Eis Donnéeën weisen datt Fraen, déi op hormonell Verhënnerung op Natural Cycles iwwergoen, e méi héicht Risiko hunn, schwanger ze ginn, well se allgemeng nach net gewinnt sinn aner Forme vu Schutz ze benotzen, sou wéi e Kondom oder eng aner Form vu Barrièreschutz.
- ⚠ Wann Dir hormonell Verhënnerung ophält, kënn Dir als éischt e Réckzuchsblutt erliewen, wat vill méi hell ass wéi Är richteg Period. Dir kritt normalerweis Är richteg Period e puer Woche méi spéit. Réckzuchsblutung sollt net als "Period" aginn ginn. Wann Dir net sécher sidd ob Dir Réckzuchsblutungen oder eng Period hutt, konsultéiert w.e.g. Ären Dokter.
- ⚠ Natural Cycles schützt net géint sexuell iwwerflësseg Infektiounen (STIs). Benotzt e Kondom fir géint STI ze schützen.
- ⚠ Préift ëmmer Ären Fruchtbarkeitstatus fir den Dag. Sidd bewosst datt Fruchtbarkeit Prognosen fir déi kommend Deeg nëmme Prognosen sinn a kënnen an der Zukunft änneren. Wann Dir net sécher sidd iwwer Äre

△ If you have taken the emergency contraceptive pill, you should indicate it in the app. You can then continue measuring your temperature as normal and the algorithm will take the additional hormones from the pill into account. Note that the bleeding you may experience a few days after taking emergency contraception is not the same as your regular period and should not be entered into the app. If your period is more than one week late after it would normally start you should take a pregnancy test.

Precautions

- As a contraceptive, Natural Cycles may be less suitable for you if you have irregular menstrual cycles (i.e. cycles with length less than 21 days or greater than 35 days) and/or fluctuating temperatures as predicting fertility is more difficult in these circumstances. Natural Cycles' effectiveness as a contraceptive is not affected by irregular cycles, but you will experience an increased number of red days, which can reduce your satisfaction with Natural Cycles. This can be the case:
 - **If you discontinue hormonal contraception.** It can take several cycles after discontinuing hormonal contraception before becoming more regular again. You should expect more red days during these cycles and therefore expect to use protection or abstain more frequently.
 - **If you are breastfeeding.** For the first 4-6 months after giving birth, many women who are exclusively breastfeeding may not ovulate. Natural Cycles will detect your first ovulation 2 weeks before your first menstruation but until then you will only see red days in the app. Even though you are not ovulating, it is still important to use contraception or abstain from intercourse on red days.
 - **If you have medical conditions that lead to irregular cycles such as polycystic ovary syndrome (PCOS) or thyroid-related conditions.**
 - **If you experience symptoms of menopause.**
- When you start using Natural Cycles, it can take some time to get to know your unique cycle, resulting in an increased number of red days during your first 1-3 cycles. This is to ensure that the app is effective from the first day of use, and once Natural Cycles has detected your ovulation you are likely to receive more

Fruchtbarkeitstatus a kënnt net op d'App zougräifen, ofhalen oder de Schutz méttlerweil benotzen.

△ Wann Dir d'Demo Versioun vun der App exploréiert, ass dëst nëmme fir Informatiouns- oder Léierzwecker a weist keng richteg Donnéeën. Benotzt d'Informatioun net am Demo Modus fir contraceptive Zwecker ugewisen.

△ Wann Dir d'Noutkontraceptive Pille geholl hutt, sollt Dir et an der App uginn. Dir kënnt dann weider Är Temperatur moossen wéi normal an den Algorithmus hält déi zousätzlech Hormone vun der Pille Rechnung. Notéiert datt d'Blutungen, déi Dir e puer Deeg nom Noutkontraceptioun kënnt erliewen, net déiselwecht ass wéi Är regulär Period a sollten net an d'App aginn ginn. Wann Är Period méi wéi eng Woch spéit ass nodeems se normalerweis ufänkt, sollt Dir e Schwangerschaftstest maachen.

Virsiichtsmoosnamen

- Als Kontrazeptiv ass Natural Cycles manner gëeegent fir lech wann Dir onregelméisseg Menstruationszyklen hutt (dh Zyklen mat enger Längt manner wéi 21 Deeg oder méi wéi 35 Deeg) an/oder schwankende Temperaturen well d'Virusbezuellung viraussoen ass an dësen Ëmstänn méi schwéier. Natural Cycles 'Effektivitéit als Kontrazeptiva gëtt net vun onregelméissegem Zyklen beaflosst, awer Dir wäert eng erhéicht Zuel vu roude Deeg erliewen, wat Är Zefriddenheet mam Natural Cycles reduzéiere kann. Dëst kann de Fall sinn:
 - **Wann Dir hormonell Verhënnerung ophält.** Et kann e puer Zyklen daueren nodeems d'hormonell Contraceptioun gestoppt ass ier se erëm méi regelméisseg ginn. Dir sollt méi rout Deeg während dësen Zyklen erwaarden an dofir erwaarden datt Dir Schutz benotzt oder méi dacks ofhält.
 - **Wann Dir niert.** Fir déi éischt 4-6 Méint no der Gebuert kënnen vill Fraen déi exklusiv Stillen net ovuléieren. Natural Cycles detektéiert Är éischt Ovulatioun 2 Woche virun Ärer éischter Menstruatioun awer bis dann gesitt Dir nëmme rout Deeg an der App. Och wann Dir net ovuléiert sidd, ass et ëmmer nach wichteg d'Contraceptioun

green days. It is important to note that you can rely on the fertility status indicated by the app from the first day of use.

- Always make sure to update your software app, so that you have the latest version. Natural Cycles recommends that you set your smartphone to update the app automatically.
- To ensure that your temperature measurements are accurate always use a basal thermometer to take your temperature.
- Always follow the directions for 'Measuring Your Temperature' stated below in order to increase the accuracy of ovulation detection.

Checklist

To get started with Natural Cycles you will need the following:

1. A Natural Cycles account

You can access Natural Cycles via your web browser, by visiting www.naturalcycles.com.

For access via the app, download the app on your Android, iPhone or iPad on Google Play or the App Store. Follow the registration steps to create your personal account. Make sure the device you use to access Natural Cycles is connected to the internet. Your Natural Cycles account is personal and should not be used by anyone except you.

2. A Basal thermometer

To get started you will need a basal thermometer. Basal thermometers are more sensitive than regular fever thermometers as they show two decimals (e.g. 36.72°C / 98.11°F). Temperature changes during the menstrual cycle are quite small, so to get the most out of Natural Cycles and

ze benotzen oder sech op de roude Deeg vum Geschlecht z'ännerhalen.

- **Wann Dir medizinesch Bedéngungen hutt, déi zu onregelméissegem Zyklus féieren, wéi zum Beispill polycystesche Eierstocksyzndrom (PCOS) oder Schilddrüs-verbonne Bedéngungen .**
- **Wann Dir Symptomer vun der Menopause erliewt.**
- Wann Dir ufänkt Natural Cycles ze benotzen, kann et e puer Zäit daueren fir Ären eenzegaarten Zyklus kennen ze léieren, wat zu enger erhéiter Zuel vu roude Deeg während Ären éischten 1-3 Zyklen resultéiert. Dëst ass fir sécherzestellen datt d'App effektiv ass vum éischten Dag vun der Benotzung, an eemol Natural Cycles Är Ovulation festgestallt huet kritt Dir wahrscheinlech méi gréng Deeg. Et ass wichteg ze bemierken datt Dir op den Fruchtbarkeetstatus kënnt, déi vun der App uginn ass vum éischten Dag vun der Benotzung.
- Gitt ëmmer sécher datt Dir Är Software App aktualiséiert, sou datt Dir déi lescht Versioun hutt. Natural Cycles recommandéiert datt Dir Äre Smartphone setzt fir d'App automatesch ze aktualiséieren.
- Fir sécherzestellen datt Är Temperaturmëssunge richtig sinn, benotzt ëmmer e Basalthermometer fir Är Temperatur ze huelen.
- Follegt ëmmer d'Uweisung fir 'Är Temperatur moossen' hei ënnen uginn fir d'Genauigkeit vun der Ovulationserkennung ze erhéijen.

Checklëscht

Fir mat Natural Cycles unzufänken braucht Dir déi folgend:

1. E Natural Cycles Kont

Dir kënnt Zougang zu Natural Cycles iwwer Äre Webbrowser kréien, andeems Dir www.naturalcycles.com besicht .

Fir Zougang iwwer d'App, download d'App op Ärem Android, iPhone oder iPad op Google Play oder am App Store. Follegt d'Aschreiwung Schrëtt fir Äre perséinleche Kont ze kreéieren. Gitt sécher datt den Apparat deen Dir benotzt fir Zougang zu Natural Cycles mam Internet

receive more green days you will need the correct thermometer. The thermometer you use should be CE marked if you are in Europe or FDA cleared if you are in the US. A basal thermometer is included when you sign up for Natural Cycles with an annual subscription.

3. Ovulation tests (optional)

Ovulation (LH) tests are urine test strips which detect the surge of luteinizing hormone that occurs 1-2 days before ovulation. It is optional to use LH tests with Natural Cycles, but they can help to increase the accuracy of detecting ovulation and can, therefore, increase the number of green days you will see if you are preventing a pregnancy. Using LH tests will not affect the effectiveness of Natural Cycles as a contraceptive. If you are planning a pregnancy, we recommend using LH tests as they can help to find your most fertile days. You can purchase LH tests at shop.naturalcycles.com or from within the app itself.

Measuring your temperature

How to measure

Follow the user manual provided with your basal body temperature thermometer. If the thermometer was provided to you by Natural Cycles we recommend that you follow these steps when measuring your temperature:

1. Place the thermometer in your mouth and under your tongue, as far back as possible, next to the root of your tongue as depicted in the diagrams below.



ugeschloss ass. Ären Natural Cycles Kont ass perséinlech a soll vu jidderengem ausser Dir benotzt ginn.

2. E Basal -Thermometer

Fir unzefänken braucht Dir e Basal Thermometer. Basal Thermometer si méi sensibel wéi normale Féiwerthermometer well se zwee Dezimaler weisen (zB 36,72 ° C / 98,11 ° F). Temperatur Ännerungen während dem menstruellen Zyklus sinn zimmlech kleng, also fir dat Beschtt aus Natural Cycles ze kréien a méi gréng Deeg ze kréien braucht Dir de richtegen Thermometer. Den Thermometer deen Dir benotzt sollt CE markéiert sinn wann Dir an Europa sidd oder d'FDA geläscht hutt wann Dir an den USA sidd. E Basal Thermometer ass abegraff wann Dir lech fir Natural Cycles mat engem Joresabonnement aschreift.

3. Ovulationstester (fakultativ)

Sie (SH) Tester sinn Pipi Läischte déi massiv vun luteinizing Hormon entdecken dass 1-2 Deeg ier sie existeiert. Et ass fakultativ SH Tester mat Natural Cycles ze benotzen, mä se kann hëllefen d'Richtigkeet vun fonnt sie gestiermt an kann, also, d'Zuel vun de grénge Deeg Erhéijung Dir gesinn gëtt wann Dir eng Schwangerschaft sinn Präventioun. Benotzt SH Tester wäert net d'Effikacitéit vun Natural Cycles als contraceptive Afloss. Wann Dir eng Schwangerschaft sinn Planung, recommandéiere mir SH Tester mat nodeems se hëllefen kann Är stärkste fruchtbare Deeg ze fannen. Dir kënnt selwer SH Tester um shop.naturalcycles.com oder aus bannent der App Akaf.

Är Temperatur moossen

Wéi moossen

Follegt d'Benutzerhandbuch mat Ärem Basal Kierpertemperatur Thermometer. Wann den Thermometer lech vum Natural Cycles zur Verfügung gestallt gouf empfehlen mir lech dës Schrëtt ze verfolgegen wann Dir Är Temperatur moosst:

2. Only press the power button once the thermometer is in your mouth and in place.
3. Try to keep still while measuring, close your mouth to keep any cool air out and breathe through your nose.
4. Wait until it beeps (approx. 30 seconds).
5. Once you have your reading, add the temperature into the app.

You can use the 'Measuring Training' and the 'Measuring Guide' in the app to check your measuring skills.

The thermometer will save your reading, so you can check your reading once again later. To do this press the "on" button once; the saved reading will appear for a few seconds before the temperature resets.

When to measure

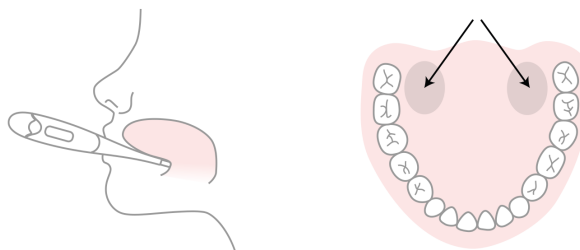
Measure your temperature once a day, on as many days as possible, so that the algorithm can quickly get to know your unique cycle. Aim to measure at least 5 days a week. A tip to help you remember is to place your thermometer on top of your phone before going to bed.

Measure first thing in the morning when you wake up, before you get up and out of bed. Ideally measure at around the same time every day (within +/- 2 hours).

When to exclude temperatures

Certain circumstances may affect your basal temperature. This can lead to varying temperatures and make it harder for the algorithm to track your cycle. To help our algorithm

1. Plaz den Thermometer an Ärem Mond an ënner Ärer Zong, sou wäit zrëck wéi méiglech, nieft der Wuerzel vun Ärer Zong wéi an den Diagrammer hei ënnendrenner duergestallt.



2. Dréckt nëmmen den Power Button eemol den Thermometer an Ärem Mond ass an op der Plaz ass.
3. Probéiert beim Stillen ze bleiwen, maacht Äre Mond zou fir eng cool Loft dobaussen ze halen an duerch d'Nues ze otmen.
4. Waart bis et piepelt (ongeféier 30 Sekonnen).
5. Wann Dir Är Liesung hutt, füügt d'Temperatur an d'App.

Dir kënnt den 'Measuring Training' an de 'Measuring Guide' an der App benotzen fir Är Messkompetenzen ze kontrolléieren.

D'missen, gött Är liesen retten, sou Dir Är liesen spéider nach eng Kéier kontrolléieren kann. Maachen dëst Press de "op" Knäppchen eemol; de gerett liesen wäert fir e puer Sekonnen virun der Temperatur resets erschéngen.

Wéini ze moossen

Moosnam Är Temperatur eemol wëssen, op wéi vill Deeg wéi méiglech, sou datt de Algorithmus séier Är eenzegaarteg Zyklus wëssen kréien kann. Zil op d'mannst 5 Deeg d'Woch ze moossen. A Tipp ze hëllefen lech erënneren ass Är missen op widdert Är Telefonsnummer ze Plaz virum Bett lass.

Maacht déi éischt Saach moies wann Dir erwächt, ier Dir op an aus dem Bett klëmmt. Ideal moossen op ongeféier déiselwecht Zäit all Dag (bannent +/- 2 Stonnen).

learn about your cycle and accurately find ovulation, use the "Exclude temperature" function in the app if you:

- Feel hungover
- Slept differently (>2 hours more/less than usual)
- Feel sick

Remember that everyone is different with different routines and, for instance, little sleep might affect you more or less than others. Exclude your temperature only if you feel that something was out of the ordinary for you and you feel differently this morning because of it.

Medication can also affect your temperature. If you take regular medication it's worth consulting with your doctor to discover its impact on your basal body temperature.

Changing your thermometer

If you need to replace your thermometer, do this at the start of your period. A basal thermometer is highly accurate, but from one thermometer to another, there can be a small difference in how each one measures. For example, if one thermometer is showing one temperature, the second can show a 0.1°C difference. As the app is looking for the smallest differences in temperatures to be able to locate where you are in your cycle, you should only use one thermometer at a time. Do not change these during the course of a cycle, instead wait until a new cycle has started before changing your thermometer.

Wéini ausgeschloss Temperaturen

Verschidde Ëmstänn kënnen Är Basaltemperatur beaflossen. Dëst kann zu Variatioune vun Temperaturen féieren an et méi schwéier maachen fir den Algorithmus fir Ären Zyklus ze verfolgen. Fir eisen Algorithmus ze hëllefen iwwer Ären Zyklus ze léieren a präzis d'Ovulatioun ze fannen, benotzt d'Funktioon "Temperatur ausschléissen" an der App wann Dir:

- Fillt lech hongereg
- Anescht geschlof (> 2 Stonnen méi/manner wéi soss)
- Krank fillen

Denkt drun datt jiddereen anescht ass mat verschiddene Routinen an zum Beispill e klenge Schlof kéint lech méi oder manner beaflossen wéi anerer. Ausgeschloss Är Temperatur nëmmen wann Dir d'Gefill hutt datt eppes aussergewöhnleches fir lech war an Dir lech de Moien anescht fillt.

Medikamenter kënnen och Är Temperatur beaflossen. Wann Dir regelméisseg Medikamenter huet d'et wäert mat Ärem Dokter Consultatioun hiren Impakt op Är basal Kierper Temperatur ze entdecken.

Äert Thermometer z'änneren

Wann Dir Är missen ersetzen brauchen, do dat am Ufank vun Ärer Zäit. A basal missen, ass absolut korrekt, mee aus ee missen zu engem aneren, kann do eng kleng Differenz zu wéi all ee Mesuren ginn. Zum Beispill, wann een Thermometer eng Temperatur weist, kann déi zweet en 0.1 °C Ënnerscheid weisen. Wéi d'App sicht déi klengst Differenzen an Temperaturen fir ze lokaliséieren wou Dir an Ärem Zyklus sidd, sollt Dir nëmmen een Thermometer gläichzäiteg benotzen. huet ugefaang ier Är missen änneren.

Natural Cycles products

Natural Cycles offers three modes for our users to choose from depending on their fertility goal:

- NC° Birth Control - for preventing pregnancy
- NC° Plan Pregnancy - for increasing chances of conception
- NC° Follow Pregnancy - for monitoring the course of a pregnancy

These three modes can be chosen by the user prior to signing up and then within the app, if the user would like to switch between modes.

Contraception: NC° Birth Control

How it works

Your daily morning routine with Natural Cycles is as follows:

1. Measure your temperature when you wake up as described in the section above.
2. Add your temperature and whether you have your period into the app. The view to add data will automatically open, or you can press the '+' icon in the top right-hand corner. You can also add additional data, such as the result of ovulation (LH) test. Once you save today's data, the app will calculate your status for the day.
3. Check your fertility status for the day - every day. The app will provide your fertility status directly after your first set of data is entered. Your status for the day is displayed in red and green colors throughout the app.

Natural Cycles Produkter

Natural Cycles bitt dräi Modi fir eis Benotzer aus ze wielen ofhängeg vun hirem Fruchtbarkeetziel:

- NC° Birth Control - fir d'Schwangerschaft ze vermeiden
- NC° Plan Pregnancy - fir d'Chancen op Konzept ze erhéijen
- NC° Follow Pregnancy - fir de Verlaf vun enger Schwangerschaft ze iwwerwaachen

Dës dräi Modi kënnen vum Benotzer gewielt ginn ier en sech aschreift an dann an der App, wann de Benotzer tëscht Modi wiessele wëllt.

Contraceptioun: NC° Birth Control

Wéi et funktionnéiert

Daagdeeglechen Moien Iddi mat Natural Cycles ass wéi follegt:

1. Maacht Är Temperatur wann Dir erwächt wéi an der Rubrik uewen beschriwwen.
2. Artikel Temperatur an ob Dir Är Period an der App hunn. Der Vue bis Artikel Daten automatesch oppen, oder dir kënnt den "+" Ikon am uewe riets-Hand Corner Press. Dir kënnt och zousätzlech Donnéeën, wéi d'Resultat vun sie (SH) Test Foto. Wann Dir haut d'Donnéeën retten, wäert d'App Är Statut fir Dag Berechent.

Green = Not fertile



Green days indicate you are not fertile and can have sex without protection. Green days are indicated by a green outlined circle with the words "Not fertile" inside.

Red = Use protection



Red days indicate you are likely to be fertile and at risk of becoming pregnant. Use protection (such as condoms or another form of barrier protection) or abstain in order to prevent a pregnancy. Red days are indicated by a red outlined circle with the words "Use protection" inside.

The app will indicate your ovulation as well as when you have entered and are expected to have your period. The application also shows predictions for upcoming days and months. The predictions may change and should not be used as the final result, which is why you should check your status for the day - every day.

Summary of clinical studies - how effective is Natural Cycles for contraception?

Natural Cycles is 93% effective under typical use. Under perfect use, i.e. if you never have unprotected intercourse on red days, Natural Cycles is 98% effective.

Clinical studies have been conducted in order to evaluate the effectiveness of Natural Cycles for contraception. The current version of the algorithm (v.3) has been investigated on 15,570 women (on average 29 years old). At the end of the study, the following commonly used failure rates were determined:

1. The app has a method failure rate of 0.6, which is a measurement of how often the app incorrectly displays a green day when the woman is actually fertile and gets pregnant after having unprotected intercourse on this green day. This means that 0.6

3. Préift Äre Fruchtbarkeitstatus fir den Dag - all Dag. D'App gëtt Äre Fruchtbarkeitstatus direkt nodeems Ären éischte Set vun Daten aginn ass. Är Statut fir den Dag ass an rout a gréng Faarwen uechter d'App ugewisen.

Green = Net fruchtbar



Gréng Deeg weisen datt Dir net fruchtbar sidd a Sex ouni Schutz hutt. Gréng Deeg gi mat engem gréng skizzéierte Krees ugewise mat de Wierder "Net fruchtbar" bannen.

Rot = Benotzt Schutz



Roude Deeg weisen datt Dir wahrscheinlech fruchtbar sidd a riskéiert schwanger ze ginn. Benotzt Schutz (sou wéi Kondomer oder eng aner Form vu Barrièreschutz) oder ofhalen fir eng Schwangerschaft ze vermeiden. Roude Deeg gi mat engem roude skizzéierte Krees ugewise mat de Wierder "Benotzt Schutz" bannen.

D'App gëtt weg Är sie grad wéi wann een agin hutt a sinn erwaart Är Zäit ze hunn. Der Applikatioun weist och Prognosen fir Upëff Deeg a Méint. D'Prognosen kann änneren an soll net als final Resultat benotzt ginn, dat ass firwat Dir Är Statut fir Dag kontrolléieren soll - all Dag.

Resumé vu klineschen Studien - wéi effektiv ass Natural Cycles fir d'Contraceptioun?

Natural Cycles ass 93% effektiv ënner typesche Gebrauch. Ënner perfektem Gebrauch, also wann Dir ni ongeschützt Geschlecht op roude Deeg hutt, ass Natural Cycles 98% effektiv.

Klinesch Studien goufen gemaach fir d'Effektivitéit vum Natural Cycles fir d'Contraceptioun ze bewäerten. Déi aktuell Versioun vum Algorithmus (v.3) gouf op 15,570 Fraen (am Duerchschnitt 29 Joer al) ënnersicht. Um Enn vun der Studie goufen déi folgend allgemeng benotzt Versoenquoten bestëmmt:

out of 100 women who use the app for one year get pregnant due to this type of failure.

2. The app has a perfect use Pearl Index of 1, which means that 1 out of 100 women who use the app for one year and who get pregnant will do so either because:
 - a. They had unprotected intercourse on a green day that was falsely attributed as non-fertile (i.e., method failure); or
 - b. They had protected intercourse on a red day, but the chosen method of contraception failed.
3. The app has a typical use Pearl Index of 6.5, which means that in total 6.5 women out of 100 get pregnant during one year of use due to all possible reasons (e.g. falsely attributed green days, having unprotected intercourse on red days, and failure of the contraceptive method used on red days).

Summary of clinical data from 15,570 women on the effectiveness of Natural Cycles of the current algorithm version.

Algorithm Version	v.3
Study Date Range	Sept 2017 - Apr 2018
# women	15,570
Exposure time (Women-years)	7,353
# pregnancies [worst-case]	475 [584]
Typical use PI (95% confidence interval) [worst-case]	6.5 (5.9-7.1) [7.9]
Method failure rate (95% confidence interval)	0.6 (0.4-0.8)

1. D'App huet eng Method Echec Taux vun 0.6, dat ass eng Moosse vun Wéi oft d'App weist mat engem gréng Dag wou d'Fra eigentlech fruchtbare ass a kritt schwanger no op dëser gréng Dag ongeschützt Residenz mussen. Dat heescht, datt 0.6 aus 100 Fraen déi de App fir ee Joer benotzen Schwangerschaft wéinst dëser Zort Echec.

2. D'App huet e perfekte Gebrauch Pearl Index vun 1, dat heescht datt 1 vun 100 Fraen déi d'App fir ee Joer benotzen an déi schwanger ginn, entweder well:

1. Si haten ongeschützt Geschlecht op engem gréngen Dag dee falsch als net fruchtbar zougeschriwwen gouf (dh Methodversoen); oder

2. Si haten geschützt Residenz op engem rouden Dag, mä déi an dëse Match gaangen Method vun contraception gescheitert.

3. D'App huet en typesche Gebrauch Pearl Index vun 6.5, dat heescht datt insgesamt 6.5 Fraen aus 100 während engem Gebrauchsjoer schwanger ginn aus alle méigleche Grënn (z. d'Contraceptive Method benotzt op rouden Deeg).

Resumé vu klinischen Donnéeën vun 15,570 Fraen iwwer d'Effektivitéit vum Natural Cycles vun der aktueller Algorithmus Versioun.

Algorithmus Versioun	v.3
Etude Datum Range	September 2017 - Abrëll 2018
#frauen	15,570
Beliichtungszäit (Frae-Joer)	7,353
# Schwangerschaften [Schlëmmste Fall]	475 [584]
Typesch Benotzung PI (95% Vertrauensintervall) [Schlëmmste Fall]	6.5 (5.9-7.1) [7.9]
Method Echec Taux (95% Vertrauensintervall)	0.6 (0.4-0.8)

Effectiveness of Natural Cycles for two subgroups - women who used hormonal contraception within 60 days prior to using the app and women who did not use hormonal contraception within 12 months prior to using the app.

Subgroup	Typical Use PI (95% confidence interval)
Recent Hormonal Contraception 3779 women	8.6 % (7.2-10.0)
No Hormonal Contraception 8412 women	5.0 % (4.3-5.7)

You can find an overview of the effectiveness of different contraceptive methods in the Appendix of this manual. This will help you to understand the expected effectiveness of all forms of contraception.

Instructions if you are discontinuing hormonal contraception

Type of Contraception	When can you start Natural Cycles?
The Pill (Combined, Medium or Mini)	We recommend that you finish all the active pills of your packet. You can start using Natural Cycles as soon as you finish. You will have a high number of red days to begin with but this will improve over time.
Hormonal IUD (Intrauterine Device)	You can start using Natural Cycles the day after it has been removed.
Contraceptive Implant	You can start using Natural Cycles the day after it has been removed.

Effektivitéit vum Natural Cycles fir zwou Ënnergruppen - Fraen déi hormonell Verhënnerung bannent 60 Deeg virum Gebrauch vun der App benotzt hunn a Fraen déi keng hormonell Verhënnerung benotzt hunn bannent 12 Méint ier se d'App benotzt hunn.

Ënnergrupp	Typesch Benotzung PI (95% Vertrauensintervall)
Rezent hormonell Contraceptioun 3779 Fraen	8,6 % (7.2-10.0)
Keng hormonell Contraceptioun 8412 Fraen	5.0% (4.3-5.7)

Dir fannt en lwwerbléck iwwer d'Effektivitéit vu verschiddene contraceptive Methoden am Anhang vun dësem Handbuch. Dëst wäert lech hëllef den déi erwaart Effektivitéit vun all Formen vun Kontraceptioun ze verstoen.









Uweisungen wann Dir hormonell Kontraceptioun ophält

Zort Contraceptioun	Wéini kënnt Dir Natural Cycles ufänken?
D'Pill (kombiniert, mëttel oder mini)	Mir recommandéieren, dass Dir all aktiv begruewen vun Ärer allen Véieren Arrivée. Dir kënnt soubal Dir virum benotzt Natural Cycles ufänken. Dir wäert eng héich Zuel vu roude Deeg hunn mat ze fänken mee dat wäert mat der Zäit verbessern.
Hormonell IUD (Intrauterin Gerät)	Dir kënnt ufänken Natural Cycles den Dag nodeems se ewechgeholl gouf ze benotzen.

<p>Hormonal Patch, Hormonal Contraceptive Ring</p>	<p>You can start using Natural Cycles the day after it has been removed. You will have a high number of red days to begin with this but this will improve over time.</p>	<p>Contraceptive Implantat</p>	<p>Dir kënnt ufänken Natural Cycles den Dag nodeems se ewechgeholl gouf ze benotzen.</p>
<p>Contraceptive Injection</p>	<p>You can start using Natural Cycles when the effect of the injection has worn off. This takes 8-13 weeks depending on which injection you had.</p>	<p>Hormonell Patch, Hormonellen Contraceptive Ring</p>	<p>Dir kënnt ufänken Natural Cycles den Dag nodeems se ewechgeholl gouf ze benotzen. Dir wäert eng héich Zuel vu roude Deeg hunn fir mat dësem unzufänken awer dëst wäert mat der Zäit verbessern.</p>
<p>If you are discontinuing hormonal contraception you may first experience a withdrawal bleed, which is much lighter than your true period. You will normally get your true period a few weeks later. Withdrawal bleeding should not be entered in the app as "period".</p> <p>Note: a copper IUD does not contain hormones and does therefore not inhibit ovulation. You can thus use Natural Cycles alongside a copper IUD to get insights on your body and menstrual cycle without having to use a barrier method on red days.</p> <p>If you become pregnant on Natural Cycles</p> <p>If your period is overdue and your temperature does not drop, you may be pregnant and the app will encourage you to take a pregnancy test to confirm the pregnancy. If the test is positive, please talk to your doctor and indicate it in the app.</p>		<p>Contraceptive Injeksioun</p>	<p>Dir kënnt ufänken Natural Cycles ze benotzen wann den Effekt vun der Injeksioun verschwonnen ass. Dëst dauert 8-13 Wochen ofhängeg vun wéi enger Injeksioun Dir hat.</p>
		<p>Wann Dir hormonell Verhënnerung ophält, kënnt Dir als éischt e Réckzuchsblutt erliewen, wat vill méi hell ass wéi Är richtig Period. Dir kritt normalerweis Är richtig Period e puer Woche méi spéit. Réckzuchsblutung sollt net an der App als "Period" aginn ginn.</p> <p>Opgepasst: e Koffer IUD net liicht enthalen an et dofir net inhibit sie. Dir kënnt also Natural Cycles nieft engem Koffer IUD benotzen Abléck op Äre Kierper ze kréien an menstrual Zyklus ouni Barrière Method op rout Deeg ze benotzen mussen.</p> <p>Wann Dir schwanger sidd op Natural Cycles</p> <p>Wann Är Period ze spéit ass an Är Temperatur net fällt, kënnt Dir schwanger sinn an d'App encouragéiert lech e Schwangerschaftstest ze maachen fir d'Schwangerschaft ze bestätegen. Wann den Test positiv ass, schwätzt w.e.g. mat Ärem Dokter a weist et an der App un.</p> <p>NC° Plan Pregnancy</p>	









NC° Plan Pregnancy

When you are planning a pregnancy, select NC° Plan Pregnancy while signing up in the app. If you are already signed into the app, you can go to the settings page and choose NC° Plan Pregnancy. In this mode, your fertility is displayed as a scale, so you can identify the days you are most likely to become pregnant. The same morning routine as in NC° Birth Control mode applies here as well - measure, add data and check your fertility status.

-  Peak fertility
-  Very high fertility
-  High fertility
-  Medium fertility
-  Low fertility
-  Fertility unlikely
-  More data needed
-  Not fertile

When you're planning a pregnancy, we recommend taking LH tests since the occurrence of LH coincides with your most fertile days. If your period is overdue and your temperature does not drop, the app will encourage you to take a pregnancy test to confirm the pregnancy.

Wann Dir eng Schwangerschaft sinn Planung, wíelt NC° Plan Pregnancy iwverdeems an der App urch. Wann Dir schon an der App ugemellt sidd, kénnt Dir op d'Ästellungen Säit goen an NC° Plan Pregnancy wíelen. An dësem Mode, ass Är Fruchtbarkeetsklinik wéi enger Skala ugewisen, datt Dir d'Deeg identifiziéiere kann Dir Wahrscheinlechkeet schwanger ze ginn. Déi selwecht Moien Iddi wéi an NC° Birth Control Modus gëllt hei och - Moosnam, Daten Foto an Är Fruchtbarkeetsklinik Status kontrolléieren.

-  Peak Fruchtbarkeet
-  Ganz héich Fruchtbarkeet
-  Héich Fruchtbarkeet
-  Mëttelméisseg Fruchtbarkeet
-  Niddereg Fruchtbarkeet
-  Fruchtbarkeet onwahrscheinlech
-  Méi Daten gebraucht
-  Net fruchtbar

Wann Dir eng Schwangerschaft plangt, empfeele mir LH Tester ze huelen zënter dem Opriede vum LH mat Äre fruchtbarsten Deeg fällt. Wann Är Period eriwwer ass an Är Temperatur net fällt, encouragéiert d'App lech e Schwangerschaftstest ze maachen fir d'Schwangerschaft ze bestätegen.

NC° Follow Pregnancy

Once you are pregnant, the app can be used as a pregnancy calendar and you can follow your weekly development and the development of your baby.

Demo Mode

In Demo Mode you can take a tour of the app. This is for demonstration purposes only, demo mode cannot provide you with any fertility information.

If you are currently on hormonal contraception you will access the app in Demo Mode. Once you stop using hormonal contraception you can then easily access the full version of the app. The app will now function for contraception or for planning a pregnancy.

Problems/ Troubleshooting

If you cannot access the application, the application is malfunctioning, or if you suspect something is wrong with your current fertility status, please follow the steps below:

1. Use protection, such as a condom or another form of barrier protection, until the error has been fixed.
2. Please contact our service desk via help.naturalcycles.com and our trained support agents will assist you.
3. Serious incidents involving this device should be reported both to Natural Cycles and to the competent authority in your country. A 'serious incident' means any incident that directly or indirectly led, might have led or might lead to any of the following:
 - a. the death of a patient, user or other person,

NC° Follow Pregnancy

Wann Dir schwanger sidd, kann d'App als Schwangerschaftskalenner benotzt ginn an Dir kënnt Är wöchentlech Entwécklung an d'Entwécklung vun Ärem Puppelchen verfollegen.

Demo Modus

Am Demo Modus kënnt Dir en Tour duerch d'App maachen. Dëst ass nëmme fir Demonstratiounszwecker, Demo Modus kann lech keng Fruchtbarkeet Informatioun ginn.

Wann Dir de Moment op hormonell Verhënnerung sidd, kritt Dir Zougang zu der App am Demo Modus. Wann Dir ophalen mat der hormoneller Verhënnerung ze benotzen, kënnt Dir einfach op déi voll Versioun vun der App zougräifen. D'App gëtt Funktioun elo fir contraception oder fir eng Schwangerschaft Planung.

Problemer/ Troubleshooting

Wann Dir net op d'Applikatioun kënnt, funktionnéiert d'Applikatioun, oder wann Dir mengt datt eppes falsch ass mat Ärem aktuellen Fruchtbarkeetstatus, befollegt d'Schrëtt hei ënnen:

1. Benotzt Schutz, sou wéi e Kondom oder eng aner Form vu Barrièreschutz, bis de Feeler fixéiert ass.
2. W.e.g. kontaktéiert eise Service Desk iwwer help.naturalcycles.com an eis trainéiert Support Agenten hëllefen lech.
3. Eescht Tëschefäll mat dësem Apparat solle souwuel dem Natural Cycles wéi och bei der zoustänneger Autoritéit an Ärem Land gemellt ginn. E 'eeschte Tëschefall' heescht all Tëschefall deen direkt oder indirekt gefouert huet, kéint gefouert hunn oder zu engem vun de folgenden féieren:
 1. den Doud vun engem Patient, Benotzer oder enger anerer Persoun,

- b. the temporary or permanent serious deterioration of a patient's, user's or other person's state of health,
- c. a serious public health threat;

Application Overview

Your fertility status for the day is shown through different views within the app.

Calendar tab

This tab provides the overview of today's fertility and gives insights into the data logged in the past through various views as described below.

Today view

On this screen, you will get all of the info you need in one glance. A screen to enter your temperature pops up automatically when you open your app in the morning. Once you've entered your data, your fertility status will appear as a colored circle with additional information inside. Below the circle, you will see the weekly predictions. You can add or update your input data, such as temperature, period, or LH tests, at any time by tapping the '+' icon.

Month view

Tap the "Month" tab in the calendar view to access the monthly view. Here you can see your predicted red and green days for the month, as well as when you are predicted to ovulate and have your period. These may change over time, so you should only rely on the information provided in the "Today" view for contraceptive or pregnancy planning purposes. You can easily access your past data by tapping on any past day.

History view

The "History" tab is a log of all the data that you've previously entered. Scroll up and down to view your

- 2. déi temporär oder permanent sérioux Verschlechterung vum Gesondheitszoustand vum Patient, vum Benotzer oder vun enger anerer Persoun,
- 3. eng sérioux Gefor fir d'Gesondheet;

Applikatioun Iwwersiicht

Äre Fruchtbarkeetstatus fir den Dag gëtt duerch verschidde Vue an der App gewisen.

Kalenner Tab

Dësen Tab liwwert den Iwwerbléck iwwer d'Fruchtbarkeet vun haut a gëtt Abléck an d'Donnéeën, déi an der Vergaangenheet agelaggt sinn duerch verschidde Vue wéi hei ënnen beschriwwen.

Haut Vue

Op dëser Kaart, kënnt Dir all vun der Infoen Dir an ee Bléck muss kréien. A Écran Är Temperatur Pops an automatesch ze gitt, wou Dir Äre App moies oppen. Wann Dir Är Donnéeën kouw hunn, gëtt Är Fruchtbarkeetsklinik Status als faarweg Krees schéngen mat zousätzlech Informatiounen bannen. Ënnert dem Krees, wäert Dir d'Wochenzeitung Prognosen gesinn. Dir kënnt Är Input Daten, wéi Temperaturen, Period, oder SH Tester, zu all Zäit vum Ausspionéieren de "+" icon Artikel oder update.

Mount Vue

Tippen op de "Mount" Tab an der Kalennervue fir Zougang zu der monatlecher Vue. Hei kënnt Dir Äre virausgesot rout a gréng Deeg fir de Mount gesinn, souwéi wann Dir virausgesot gëtt ze ovuléieren an Äre Period ze hunn. Dës kënne mat der Zäit änneren, also sollt Dir nëmmen op d'Informatioun vertrauen an der "Haut" Vue fir contraceptive oder Schwangerschaftszwecker. Dir kënnt ganz einfach op Äre vergaangen Donnéeën zougräifen andeems Dir op engem leschten Dag tippt.

temperature readings, all added data for each cycle day, as well as an extraction of your notes.

Graph view

The graph is a visualization of your temperature curve which will continue to develop as you measure throughout your cycle. Information about ovulation, period, and fertile days is also visible. Swipe from left to right to view your past cycles, and tap '3 cycles' or '6 cycles' to compare them to each other. You can also access the compare mode to compare your period and cycle length, temperature variation and ovulation window and day.

My Cycle tab

This view will give you an overview of your cycle data. You will see your cycle length and regularity, as well as a detailed analysis of the phases of your menstrual cycle - follicular and luteal phase.

Messages tab

These are gentle messages and useful information we send you, so you can get the very most out of your Natural Cycles experience. Messages are tailored to your unique cycle and are only sent if they are relevant to you. Learn more about your body, enjoy knowing about when your period is coming up, and more.

The messages can also contain instructions for better use of the app such as:

- If you enter a temperature that is unreasonably high or low, a message will inform you immediately to verify the entered temperature.
- If you enter that you had unprotected sex on a red day in the Natural Cycles application, it displays a cautionary message.

Geschicht Vue

De Tab "Geschicht" ass e Log vun all den Donnéeën déi Dir virdu aginn hutt. Scrollt erop an erof fir Är Temperatur Liesungen, all zousätzlech Donnéeën fir all Zyklusdag ze gesinn, souwéi eng Extraktioun vun Ären Notizen.

Grafik Vue

D'Grafik ass eng Visualiséierung vun Ärer Temperaturkurve déi weider wäert entwéckelen wéi Dir am ganzen Zyklus moosst. Informatioun iwwer Owulatioun, Period a fruchtbare Deeg ass och ze gesinn. Swip vu lénks no riets fir Är vergaangen Zyklen ze gesinn, a tippt op '3 Zyklen' oder '6 Zyklen' fir se matenee ze vergläichen. Dir kënnt och Zougang zum Vergläichsmodus kréien fir Är Period a Zykluslängt, Temperaturvariatioun an Ovulationsfenster an Dag ze vergläichen.

Mäi Cycle Tab

Dës Vue gëtt lech en Iwwerbléck iwwer Är Zykeldaten. Dir gesitt Är Zykluslängt a Regularitéit, souwéi eng detailléiert Analyse vun de Phasen vun Ärem menstruellen Zyklus - folliculär a luteal Phas.

Messages Tab

Dëst si sanft Messages an nätzlech Informatioun, déi mir lech schécken, sou datt Dir dat Bescht aus Ärer Natural Cycles Erfahrung kritt. Messages ginn op Ären eenzegaartegen Zyklus ugepasst a gi nëmme geschéckt wa se fir lech relevant sinn. Léiert méi iwwer Äre Kierper, genéisst ze wëssen wéini Är Period kënnt, a méi.

D'Messages kënnen och Instruktiounen fir eng besser Notzung vun der App enthalen wéi:

- Wann Dir eng Temperatur gitt, déi ongerecht héich oder niddereg ass, informéiert lech e Message lech direkt fir déi aginn Temperatur z'iwwerpräiwen.
- Wann Dir gitt datt Dir ongeschützt Sex op engem rouden Dag an der Natural Cycles Applikatioun hutt, weist et eng virsiichteg Noriicht.

- An in-app message will be sent to you if your period is overdue and your temperature does not drop, as this indicates that you may be pregnant. The message will encourage you to take a pregnancy test.
- On some days, an in-app message will ask you to take an LH test. LH tests are optional to use but can help to increase the number of green days per cycle.

My Data tab

This tab will provide you with useful insights on your measuring and on the data that you put into the app. It will guide you through the journey of building a habit and will notify you along the way on your progress.

Learn tab

This is an entry point to all the educational content the app provides. Here you can learn about the menstrual cycle, how to notice patterns in your body and how well the algorithm knows you based on the data you provide.

Top menu

Under the top menu, you can access and manage all the information regarding your personal profile, the app and privacy settings, and your account including subscriptions. Here you can also manage whether or not you will get reminders about when to use protection, take an LH test, expect PMS, measure your temperature and check your breasts. Note that you must enable Natural Cycles to send you push notifications in your device settings to receive these.

Offline mode

When you are offline you can continue to add your temperature and other data to the app. When offline, the app does not calculate your fertility status. Instead, the app will show an orange outlined circle indicating your status as "Use protection". Use protection (such as condoms or another form of barrier protection) or abstain until you are

- Eng In-App Noriicht gëtt Iech geschéckt wann Är Period ze spéit ass an Är Temperatur net fällt, well dëst weist datt Dir schwanger sidd. De Message encouragéiert Iech e Schwangerschaftstest ze maachen.
- Op e puer Deeg freet eng In-App Noriicht Iech en LH Test ze maachen. LH Tester sinn fakultativ fir ze benotzen awer kënnen hëllefen d'Zuel vu gréngen Deeg pro Zyklus ze erhéijen.

Meng Daten Tab

Dësen Tab liwwert Iech nëtzlech Abléck iwwer Är Messung an iwwer d'Donnéeën déi Dir an d'App gesat hutt. Et féiert Iech duerch d'Rees fir eng Gewunnecht ze bauen an informéiert Iech laanscht de Wee iwwer Äre Fortschrëtt.

Léieren Tab

Dëst ass en Entrée fir all pädagogeschen Inhalt deen d'App bitt. Hei kënnt Dir iwwer de menstruellen Zyklus léieren, wéi Dir Musteren an Ärem Kierper bemierkt a wéi gutt den Algorithmus Iech kennt baséiert op den Donnéeën déi Dir ubitt.

Top Menü

Ënnert dem Topmenu kënnt Dir Zougang zu all Informatioun iwwer Äre perséinleche Profil, d'App a Privatsphär Astellung kréien, an Äre Kont abegraff Abonnementer. Hei kënnt Dir och managen ob Dir Erënnerungen kritt oder net wann Dir Schutz benotzt, maacht en LH Test, erwaart PMS, moostt Är Temperatur a kontrolléiert Är Broscht. Notéiert datt Dir Natural Cycles aktivéiere musst fir Iech Push Notifikatiounen an Ären Apparat Astellung ze schécken fir dës ze kréien.

Offline Modus

Wann Dir offline sidd, kënnt Dir weider Är Temperatur an aner Donnéeën an d'App addéieren. Wann offline, berechent d'App Äre Fruchtbarkeetstatus net. Amplaz wäert d'App en orange skizzéierte Krees weisen, deen Äre Status als "Benotzt Schutz" bezeechent. Benotzt Schutz (sou wéi Kondomer oder eng aner Form vu Barrièreschutz) oder enthalen ier Dir online sidd an d'App den haitegen

back online and the app has calculated today's fertility status.

Platform description

Natural Cycles Application Version: 4.2.0 and onwards
Medical Device version: C

Devices that may be used to access the application:

- A mobile phone running Android OS (version 7 or above) or iOS (version 12 or above), 250 kbps or faster internet.
- A computer or tablet with an Internet browser: Google Chrome, Apple Safari. 250 kbps or faster internet.

Accessing the Instructions for Use

The Instructions for Use can be found online on the Natural Cycles website and in your app under the "Regulatory" page.

If you would like a paper copy of the Instructions for Use we will send you one at no cost. Contact customer support with your request.

Cease using Natural Cycles

When you sign up for Natural Cycles, whether it's for a Monthly or Yearly subscription, you will need to cancel it if you don't want your subscription to be automatically renewed for the next renewal period. Cancellation of your subscription must be done at least 24 hours before the subscription is scheduled to be renewed. Please refer to help.naturalcycles.com for a full description on how to cancel your subscription successfully. Please refer to our

Fruchtbarkeitstatus berechent huet.

Plattform Beschreibung

Natural Cycles Applikatioun Versioun: 4.2.0 a weider
Medizinescht Geräter Versioun: C

Apparater déi kënnen benotzt gi fir op d'Applikatioun ze kommen:

- En Handy mat Android OS (Versioun 7 oder méi héich) oder iOS (Versioun 12 oder méi héich), 250 kbps oder méi séier Internet.
- E Computer oder Tablet mat engem Internetbrowser: Google Chrome, Apple Safari. 250 kbps oder méi séier Internet.

Zougang zu de Gebrauchsanweisungen

D'Benutzungsinstruktiounen kënnen online op der Natural Cycles Websäit an an Ärer App ënner der "Reguléierender" Säit fonnt ginn.

Wann Dir eng Pabeierkopie vun de Gebrauchsanweisung wëllt, schécken mir lech eng gratis. Kontakt Clientssupport mat Ärer Ufro.

Halt op mat Natural Cycles

Wann Dir lech fir Natural Cycles umellt, egal ob et fir e Mount oder Jores Abonnement ass, musst Dir et annulléieren wann Dir net wëllt datt Ären Abonnement automatesch fir déi nächst Erneierungsperiod erneiert gëtt. Kënnegung vun Ärem Abonnement muss op d'mannst 24 Stonnen virum Abonnement geplangt erneiert ginn. Weg kuckt an help.naturalcycles.com fir eng voll Beschreibung op wéi Abonnement erfollegräich ze annulléieren. W.e.g. kuckt op eis Privatsphär Politik fir weider Informatioun iwwe wéi Natural Cycles Är Donnéeën veraarbecht.

Privacy policy for further information on how Natural Cycles processes your data.

Security

Natural Cycles maintain a high security and data privacy level in our application. The application is monitored for security events and data breaches. If a security event or data breach should occur, the issue will be contained and resolved with urgency according to our established processes and you as a user will receive the information you need regarding your continued safe and secure use of the application.

It is strongly recommended that you choose a strong password to protect your account from unauthorized use. While not recommended, if you should choose to share your login with somebody, you do so at your own risk. Keep in mind that you can always revoke access by changing the password to your account and contacting support in order to close existing sessions.

Watch out for emails or messages asking you to provide your Natural Cycles login details. Natural cycles will not usually send you emails asking for your password, unless you have initiated this process yourself via support or a password reset.

General information

Explanation of symbols



Manufacturer

CE 0123 CE Mark

Sécherheet

Natural Cycles behalen en héije Sécherheets- an Dateschutzniveau an eiser Applikatioun. D'Applikatioun gëtt iwwer Sécherheetsevenementer an Datenverstéiss iwwerwaacht. Wann e Sécherheet soll Event oder Daten rou geschéien, gëtt de Problem Texter a mat Kontext no eis etabléiert Prozesser an Dir als User geléist ginn d'Informatiounen Dir braucht iwwer Är weider sécher a sécher Notzung vun der Applikatioun kréien.

Et ass staark recommandéiert datt Dir e staarkt Passwuert wíelt fir Äre Kont géint onerlaabten Notzung ze schütten. Och wann et net recommandéiert ass, wann Dir sollt wielen Äre Login mat engem ze deelen, maacht Dir dat op Ären eegene Risiko. Denkt drun datt Dir den Zougang ëmmer zrëckhuele kënnt andeems Dir d'Passwuert op Äre Kont ännert an d'Support kontaktéiert fir existent Sessiounen zou ze maachen.

Pass op E-Mailen oder Messagen op déi lech froen Är Natural Cycles Umeldungsdetailer ofzeginn. Natural Cycles schéckt lech normalerweis keng E-Maille fir Äert Passwuert ze froen, ausser Dir hutt dëse Prozess selwer via Support oder e Passwuert zrëckgesat ageleet.

Allgemeng Informatioun

Erklärung vu Symboler



Fabrikant



CE Mark



Opgepasst



User Manual/Gebrauchsanweisung



Caution



User Manual/Instructions for Use

EC Declaration of Conformity

Name of the Manufacturer:

NaturalCycles Nordic AB

Address of the Manufacturer:

St Eriksgatan 63b
112 34 Stockholm
Sweden

Customer support:

help.naturalcycles.com

Device Name:

Natural Cycles

We declare that this product meets all applicable requirements of the Regulation (EU) 2017/745 for medical devices (MDR) and bears the mark CE0123.

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EG Konformitätserklärung

Numm vum Hiersteller:

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Schweden

Clientssupport:

help.naturalcycles.com

Gerät Numm:

Natural Cycles

Mir deklaréieren datt dëst Produkt all uwendbar Ufuerderunge vun der Regulatioun (EU) 2017/745 fir medizinescht Geräter (MDR) entsprécht an d'Mark CE0123 huet.

Verëffentlechungsdatum:

Dezember 2021

Dokument Versioun:

LU v2.15

Onboarding information/Onboarding Informatioun

Englesch

Liezeburgesch

<p>How would you like to use Natural Cycles?</p> <ul style="list-style-type: none"> • Prevent pregnancy • Plan a pregnancy • Follow your pregnancy 	<p>Wéi wëllt Dir Natural Cycles benotzen?</p> <ul style="list-style-type: none"> • Schwangerschaft vermeiden • Plangt eng Schwangerschaft • Follegt Är Schwangerschaft
<p>Set your date of birth</p> <p>You must be 18 years of age or older to use Natural Cycles</p>	<p>Set Äre Gebuertsdatum</p> <p>Dir musst 18 Joer oder méi al sinn fir Natural Cycles ze benotzen</p>
<p>Which measurements would you like to use in the app?</p> <p>Height and weight</p> <ul style="list-style-type: none"> • Metric (kg / cm) • Imperial (lb / foot) 	<p>Wéi eng Miessunge géift Dir gär an der App benotzen?</p> <p>Héicht a Gewicht</p> <ul style="list-style-type: none"> • Metresch (kg / cm) • Keeserlech (lb / Fouss)
<p>Temperature</p> <ul style="list-style-type: none"> • Celsius • Fahrenheit 	<p>Temperatur</p> <ul style="list-style-type: none"> • Celsius • Fahrenheit
<p>Have you been diagnosed with any of the following?</p> <p>Certain medical conditions can affect your cycle so knowing about them helps us adapt and learn more about you.</p> <ul style="list-style-type: none"> • Polycystic Ovary Syndrome (PCOS) • Endometriosis • A Thyroid-Related Condition 	<p>Hutt Dir eng vun de folgenden diagnostizéiert?</p> <p>Verschiede medizinesch Bedéngungen kënnen Ären Zyklus beaflossen, sou datt iwver hinnen ze wëssen hëlleft eis unzepassen a méi iwver lech ze léieren.</p> <ul style="list-style-type: none"> • Polycystescht Eierstock Syndrom (PCOS) • Endometriose • A Schilddrüs-Zesammenhang Zoustand
<p>Have you experienced symptoms of Menopause?</p> <p>Menopause can affect your cycle so knowing about it helps us adapt and learn more about you.</p> <ul style="list-style-type: none"> • Yes 	<p>Hutt Dir Symptomer vun der Menopause erlieft?</p> <p>D'Menopause kann Ären Zyklus beaflossen, sou datt Dir et kennt hëlleft eis unzepassen a méi iwver lech ze léieren.</p> <ul style="list-style-type: none"> • Jo

<ul style="list-style-type: none"> • No 	<ul style="list-style-type: none"> • Nee
<p>Have you recently used hormonal contraception?</p> <p>If you are currently, or recently have been, using hormonal contraception such as the pill, an implant, or a vaginal ring, we can optimise the app to best fit your needs.</p> <p><u>Effects on your menstrual cycle</u></p> <p>Hormonal contraception can inhibit your ovulation and cause irregularities in your cycle up to a year after you've stopped using it.</p> <p><u>If you haven't used it recently</u></p> <p>If you stopped using hormonal contraception a year ago and have your period again, then answer 'Not in the last 12 months'.</p> <p>Have you recently used hormonal contraception?</p> <ul style="list-style-type: none"> • Yes, in the past 12 months • Yes, still on it • Not in the last 12 months • No, never 	<p>Hutt Dir viru kuerzem hormonell Verhënnerung benotzt?</p> <p>Wann Dir de Moment, oder viru kuerzem benotzt hutt, hormonell Verhënnerung wéi d'Pille, en Implantat oder e vaginale Ring benotzt, kënnen mir d'App optimiséieren fir Äre Besoinen am Beschten ze passen.</p> <p><u>Effekter op Ären menstruellen Zyklus</u></p> <p>Hormonell Kontraceptioun kann Är Ovulatioun hemmen an Onregelméissegkeeten an Ärem Zyklus verursaachen bis zu engem Joer nodeems Dir opgehalen hutt se ze benotzen.</p> <p><u>Wann Dir se viru kuerzem net benotzt hutt</u></p> <p>Wann Dir gestoppt sidd mat der hormoneller Verhënnerung virun engem Joer ze benotzen an Är Period erëm hutt, äntwert dann 'Net an de leschten 12 Méint'.</p> <p>Hutt Dir viru kuerzem hormonell Verhënnerung benotzt?</p> <ul style="list-style-type: none"> • Jo, an de leschten 12 Méint • Jo, nach ëmmer drop • Net an de leschten 12 Méint • Nee, ni
<p>Using Natural Cycles while still on hormonal birth control</p> <p>When you use hormonal birth control (such as the Pill, an implant, or a vaginal ring), you don't ovulate. This means that Natural Cycles won't be able to track your menstrual cycle.</p> <p>While you are using hormonal birth control, we recommend you explore the demo version of the app.</p> <ul style="list-style-type: none"> • Use in Demo Mode 	<p>Benotzt Natural Cycles während nach ëmmer op hormoneller Gebuerts kontroll</p> <p>Wann Dir hormonell Gebuerts kontroll benotzt (sou wéi de Pill, en Implantat, oder e vaginale Ring), ovuléiert Dir net. Dëst bedeit datt Natural Cycles Äre menstruellen Zyklus net kann verfollegen.</p> <p>Während Dir hormonell Gebuerts kontroll benotzt, empfehle mir lech d'Demo Versioun vun der App ze entdecken.</p>

	<ul style="list-style-type: none"> ● Benotzt am Demo Modus
<p>Approximately how long does your cycle usually last?</p> <p>A cycle is the time span between one period and the next.</p>	<p>Ongeféier wéi laang dauert Ären Zyklus normalerweis?</p> <p>E Zyklus ass d'Zäit tëscht enger Period an déi nächst.</p>
<p>How much does the length of your cycle vary?</p> <p>Understanding the regularity of your cycles helps the algorithm get to know you better.</p> <ul style="list-style-type: none"> ● 0-4 Days ● 5-9 Days ● 10+ Days ● I don't know 	<p>Wéi vill variéiert d'Längt vun Ärem Zyklus?</p> <p>D'Regularitéit vun Ären Zyklen ze verstoen hëlleft den Algorithmus fir lech besser kennen ze léieren.</p> <ul style="list-style-type: none"> ● 0-4 Deeg ● 5-9 Deeg ● 10+ Deeg ● Ech weess et net
<p>For how long did you use hormonal contraception?</p> <ul style="list-style-type: none"> ● 0 - 1 Years ● 1 - 5 Years ● 5+ Years 	<p>Wéi laang hutt Dir hormonell Verhënnerung benotzt?</p> <ul style="list-style-type: none"> ● 0 - 1 Joer ● 1 - 5 Joer ● 5+ Joer
<p>For how long did you use hormonal contraception?</p> <p>If you have recently used hormonal contraception such as the pill, an implant, or a vaginal ring, we can optimise the app to best fit your needs.</p> <p><u>Effects on your menstrual cycle</u></p> <p>Hormonal contraception can inhibit your ovulation and cause irregularities in your cycle up to a year after you've stopped using it.</p>	<p>Wéi laang hutt Dir hormonell Verhënnerung benotzt?</p> <p>Wann Dir kierzlech hormonell Verhënnerung benotzt hutt wéi d'Pille, en Implantat oder e vaginale Ring, kënne mir d'App optimiséieren fir Är Bedierfnesser am Beschten ze passen.</p> <p><u>Effekter op Ären menstruellen Zyklus</u></p> <p>Hormonell Kontraceptioun kann Är Ovulatioun hemmen an Onregelméissegkeeten an Ärem Zyklus verursaachen bis zu engem Joer nodeems Dir opgehalen hutt se ze benotzen.</p>

<p>Have you had your period since you quit hormonal contraception?</p> <ul style="list-style-type: none"> • Yes • No <p>Have you had your period since you quit hormonal contraception?</p> <p>When you stop using hormonal contraception, you will first experience a so-called "withdrawal bleeding", which is the effect of the hormones leaving your body. It is lighter than your true period. The following bleeding you will get (a few weeks later) will be your natural period.</p> <p>If you have experienced withdrawal bleeding but haven't had your natural period back, answer 'no' to this question.</p> <p>If you have experienced withdrawal bleeding and have had your natural period back, answer 'yes'.</p>	<p>Hutt Dir Är Period zënter Dir ophalen mat hormoneller Verhënnerung?</p> <ul style="list-style-type: none"> • Jo • Nee <p>Hutt Dir Är Period zënter Dir ophalen mat hormoneller Verhënnerung?</p> <p>Wann Dir ophält mat der hormoneller Verhënnerung ze benotzen, erliewt Dir als éischt e sougenannten "Réckzuchsblutung", wat den Effekt ass vun den Hormonen, déi Äre Kierper verloossen. Et ass méi hell wéi Är richteg Period. Déi folgend Blutungen déi Dir kritt (e puer Woche méi spéit) wäert Är natierlech Period sinn.</p> <p>Wann Dir Austrëttsblutungen erlieft hutt awer Är natierlech Period net zrëck hat, beäntwert 'Nee' op dës Fro.</p> <p>Wann Dir Austrëttsblutungen erlieft hutt an Är natierlech Period zrëck kritt hutt, äntwert 'Jo'.</p>
<p>When did you quit hormonal contraception?</p> <ul style="list-style-type: none"> • I don't know 	<p>Wéini hutt Dir hormonell Verhënnerung opgehalen?</p> <ul style="list-style-type: none"> • Ech weess et net
<p>When did your last period start?</p> <ul style="list-style-type: none"> • Skip this 	<p>Wéini huet Är lescht Period ugefaang?</p> <ul style="list-style-type: none"> • Gitt dëst of
<p>How many cycles have you had since you quit hormonal contraception?</p> <p>A cycle is the time span between one period and the next.</p>	<p>Wéi vill Zyklen hutt Dir gemaach zënter Dir mat der hormoneller Verhënnerung opgehalen hutt?</p> <p>E Zyklus ass d'Zäit tëscht enger Period an déi nächst.</p>

Using Natural Cycles after hormonal contraception

Our data show that women transitioning to Natural Cycles from hormonal contraception have a higher risk of becoming pregnant due to generally not yet being accustomed to using other forms of protection.

On red days, you must either abstain or use protection, such as condoms (or another form of barrier protection), to prevent pregnancy. If you have not been using a non-hormonal based method of birth control before, make sure to have a method on hand to use during red days, such as condoms.

When you discontinue hormonal birth control, you may first experience a withdrawal bleed, which is much lighter than your true period. You will normally get your true period a few weeks later. Withdrawal bleeding should not be entered as "period" into the app. If you are unsure if you are experiencing withdrawal bleeding or a period, please consult your doctor.

It can take several cycles after discontinuing hormonal birth control before becoming more regular again. You should expect more red days during these cycles and therefore expect to use protection, such as condoms (or another form of barrier protection), or abstain more frequently.

- I understand

Benutzt Natural Cycles no hormoneller Verhënnerung

Eis Donnéeë weisen datt Fraen, déi op hormonell Verhënnerung op Natural Cycles wiesselen, e méi héicht Risiko hunn, schwanger ze ginn, well se allgemeng nach net gewinnt sinn aner Forme vu Schutz ze benotzen.

Op roude Deeg musst Dir entweder ofhalen oder Schutz benotzen, sou wéi Kondomer (oder eng aner Form vu Barrièreschutz), fir Schwangerschaft ze vermeiden. Wann Dir nach net eng net-hormonell baséiert Method vun der Gebuerts kontroll benotzt hutt, gitt sécher eng Method bei der Hand ze hunn fir während roude Deeg ze benotzen, sou wéi Kondomer.

Wann Dir hormonell Gebuerts kontroll ophält, kënnt Dir als éischt e Réckzuchsblutt erliuwen, wat vill méi hell ass wéi Är richteg Period. Dir kritt normalerweis Är richteg Period e puer Woche méi spéit. Réckzuchsblutung sollt net als "Period" an d'App aginn ginn. Wann Dir net sécher sidd ob Dir Réckzuchsblutungen oder eng Period hutt, konsultéiert w.e.g. Ären Dokter.

Et kann e puer Zyklen huelen nodeems d'hormonell Gebuerts kontroll gestoppt ass ier se erëm méi regelméisseg ginn. Dir sollt méi rout Deeg während dëse Zyklen erwaarden an dofir erwaarden datt Dir Schutz benotzt, sou wéi Kondomer (oder eng aner Form vu Barrièreschutz), oder méi dacks ofhalen.

- Ech verstinn

<p>Have you been pregnant at any point in the past 12 months?</p> <ul style="list-style-type: none"> • Yes • No <p>Have you been pregnant at any point in the past 12 months? If you have recently been pregnant, we can optimize the app to best fit your needs. Effects on your menstrual cycle After pregnancy, your cycle may be irregular and you might not ovulate.</p>	<p>Sidd Dir iergendwann an de leschten 12 Méint schwanger?</p> <ul style="list-style-type: none"> • Jo • Nee <p>Sidd Dir iergendwann an de leschten 12 Méint schwanger? Wann Dir viru kuerzem schwanger sidd, kënne mir d'App optimiséieren fir Äre Besoinen am Beschten ze passen. Effekter op Ären menstruellen Zyklus No der Schwangerschaft kann Ären Zyklus onregelméisseg sinn an Dir kënnt net ovuléieren.</p>
<p>Have you had your period since your pregnancy ended? (not the initial bleeding)</p> <ul style="list-style-type: none"> • Yes • No 	<p>Hutt Dir Är Period zënter Ärer Schwangerschaft eriwwer? (net déi éischt Blutungen)</p> <ul style="list-style-type: none"> • Jo • Nee
<p>How many cycles have you had since your pregnancy?</p>	<p>Wéi vill Zyklen hutt Dir zënter Ärer Schwangerschaft?</p>
<p>When did your pregnancy end?</p>	<p>Wéini huet Är Schwangerschaft opgehalen?</p>
<p>Have you had your period since your pregnancy ended? (not the initial bleeding) If you start to menstruate again, you have had a complete menstrual cycle. If you have not had your period since your pregnancy ended, then you haven't yet started your menstrual cycle.</p>	<p>Hutt Dir Är Period zënter Ärer Schwangerschaft eriwwer? (net déi éischt Blutungen) Wann Dir erëm ufänkt ze menstruéieren, hutt Dir e komplette menstruellen Zyklus. Wann Dir Är Period net zënter Ärer Schwangerschaft opgehalen hutt, dann hutt Dir Äre menstruellen Zyklus nach net ugefaang.</p>
<p>The initial bleeding The initial bleeding after your pregnancy ended is not a part of your menstrual cycle.</p>	<p>Déi initial Blutungen</p>

	Déi initial Blutungen no Ärer Schwangerschaft eriwwer ass keen Deel vun Ärem menstruellen Zyklus.
<p>Using Natural Cycles while breastfeeding</p> <p>For the first 4–6 months after giving birth, many women who are exclusively breastfeeding may not ovulate. Natural Cycles will detect your first ovulation 2 weeks before your first menstruation, but until then you will only see red days in the app. Even though you are not ovulating, it is still important to use contraception or abstain from intercourse on red days.</p> <ul style="list-style-type: none"> • I understand • Learn more 	<p>Benutzt Natural Cycles beim Stillen</p> <p>Fir déi éischt 4-6 Méint no der Gebuert kënnen vill Fraen déi exklusiv Stillen net ovuléieren. Natural Cycles detektéiert Är éischt Ovulatioun 2 Woche virun Ärer éischter Menstruatioun, awer bis dann gesitt Dir nëmmen rout Deeg an der App. Och wann Dir net ovuléiert sidd, ass et ëmmer nach wichteg d'Contraceptioun ze benotzen oder sech op de roude Deeg vum Geschlecht z'ënnerhalen.</p> <ul style="list-style-type: none"> • Ech verstinn • Méi erfueren

<p>In-app information for safety and performance</p> <p>The following words and sentences in the app are related to the safety and performance of the device and are therefore provided in a translated version here in the User manual.</p>	<p>In-App Informatioun fir Sécherheet a Leeschtung</p> <p>Déi folgend Wierder a Sätz an der App bezéien sech op d'Sécherheet an d'Leeschtung vum Apparat a ginn dofir an enger iwwersat Versioun hei am Benotzerhandbuch geliwwert.</p>
Englesch	Liezeburgesch

<p>NC° Birth Control</p> <ul style="list-style-type: none"> ● Use protection ● Not fertile ● Emergency contraception and tests ● Emergency contraception ● Pill ● IUD (Intrauterine Device) - Intrauterine Device 	<p>NC° Birth Control</p> <ul style="list-style-type: none"> ● Benutzt Schutz ● Net fruchtbar ● Noutverhënnerung an Tester ● Noutverhënnerung ● Pëll ● IUD (Intrauterin Gerät) - Intrauterin Gerät
<p>NC° Plan Pregnancy</p> <ul style="list-style-type: none"> ● Not fertile ● Low fertility ● Medium fertility ● High fertility ● Very high fertility ● Peak fertility ● Fertility unlikely ● More data needed 	<p>NC° Plan Pregnancy</p> <ul style="list-style-type: none"> ● Net fruchtbar ● Niddereg Fruchtbarkeet ● Mëttelméisseg Fruchtbarkeet ● Héich Fruchtbarkeet ● Ganz héich Fruchtbarkeet ● Peak Fruchtbarkeet ● Fruchtbarkeet onwahrscheinlech ● Méi Daten néideg
<p>General</p> <ul style="list-style-type: none"> ● Confirmed ovulation ● Ovulation ● Today ● Cycle day ● Monday ● Tuesday ● Wednesday ● Thursday ● Friday ● Saturday ● Sunday ● Predictions - do not take as result ● Exclude temperature ● Sick ● Slept differently ● Hungover ● Bleeding ● Period ● Spotting 	<p>Allgemeng</p> <ul style="list-style-type: none"> ● Bestätegt ovulation ● Ovulatioun ● Haut ● Cycle Day ● Méindeg ● Dënschdeg ● Mëttwoch ● Donneschdeg ● Freides ● Samschdeg ● Sonndeg ● Prognosen - huet se net als Resultat ● Temperatur ausschléissen ● Krank ● Anescht geschlof ● Hunger ● Blutungen ● Period ● Spotting

<ul style="list-style-type: none"> ● Sex ● Protected ● Unprotected ● None ● LH test ● Positive ● Negative ● Compare ● Pregnancy test ● No longer pregnant ● More ● Less ● Save ● Done ● Clear ● Skip ● Regulatory ● Version 	<ul style="list-style-type: none"> ● Sex ● Geschützt ● Ongeschützt ● Keen ● LH Test ● Positiv ● Negativ ● Vergläichen ● Schwangerschaftstest ● Net méi schwanger ● Méi ● Manner ● Späicheren ● Gemaach ● Kloer ● Iwwerpréiwen ● Reguléierend ● Versioun
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APPENDIX: This table provides information about the effectiveness of different contraceptive methods ranging from least effective to most effective under typical use.

Reference: Contraceptive Technology (Table 26 - 1), 21st Edition, 2018.

Percentage of women experiencing an unintended pregnancy during the first year of typical use and the first year of perfect use of contraception and the percentage continuing use at the end of the first year. United States.

Method	% of women experiencing an unintended pregnancy within the First Year of Use		% of women continuing use at one year ³
	Typical use ¹	Perfect use ²	
No method ⁴	85	85	
Spermicides ⁵	21	16	42
Female Condom ⁶	21	5	41
Withdrawal	20	4	46
Diaphragm ⁷	17	16	57
Sponge	17	12	36
Parous Women	27	20	
Nulliparous Women	14	9	
Fertility awareness-based methods ⁸	15		47
Ovulation method ⁸	23	3	
TwoDay method ⁸	14	4	

Standard Days method ⁸	12	5	
Natural Cycles ⁸	8	1	
Symptothermal method ⁸	2	0.4	
Male condom ⁵	13	2	43
Combined and progestin-only pill	7	0.3	67
Evra patch	7	0.3	67
NuvaRing	7	0.3	67
Depo-Provera	4	0.2	56
Intrauterine contraceptives			
ParaGard (copper T)	0.8	0.6	78
Skyla (13.5 mg LNG)	0.4	0.3	
Kyleena (19.5mg LNG)	0.2	0.2	
Liletta (52mg LNG)	0.1	0.1	
Mirena (52mg LNG)	0.1	0.1	80
Nexplanon	0.1	0.1	89
Tubal occlusion	0.5	0.5	100
Vasectomy	0.15	0.1	100

Emergency Contraceptives: Use of emergency contraceptive pills or placement of a copper intrauterine contraceptive after unprotected intercourse substantially reduces the risk of pregnancy.

Lactational Amenorrhea Method: LAM is a highly effective, temporary method of contraception.⁹

1 Among typical couples who initiate use of a method (not necessarily for the first time), the percentage who experience an accidental pregnancy during the first year if they do not stop use for any reason other than pregnancy. Estimates of the probability of pregnancy during the first year of typical use for fertility awareness-based methods, withdrawal, the male condom, the pill, and Depo-Provera are taken from the 2006–2010 National Survey of Family Growth (NSFG) corrected for under-reporting of abortion. See the text for the derivation of estimates for the other methods.

2 Among couples who initiate use of a method (not necessarily for the first time) and who use it perfectly (both consistently and correctly), the percentage who experience an accidental pregnancy during the first year if they do not stop use for any other reason. See the text for the derivation of the estimate for each method.

3 Among couples attempting to avoid pregnancy, the percentage who continue to use a method for 1 year.

4 This estimate represents the percentage who would become pregnant within 1 year among women now relying on reversible methods of contraception if they abandoned contraception altogether. See text.

5 150 mg gel, 100 mg gel, 100 mg suppository, 100 mg film.

6 Without spermicides.

7 With spermicidal cream or jelly.

8 About 80% of segments of FABM use in the 2006-2010 NSFG were reported as calendar rhythm. Specific FABM methods are too uncommonly used in the U.S. to permit calculation of typical use failure rates for each using NSFG data; rates provided for individual methods are derived from clinical studies. The Ovulation and TwoDay methods are based on evaluation of cervical mucus. The Standard Days method avoids intercourse on cycle days 8 through 19. Natural Cycles is a fertility app that requires user input of basal body temperature (BBT) recordings and dates of menstruation and optional LH urinary test results. The Symptothermal method is a double-check method based on evaluation of cervical mucus to determine the first fertile day and evaluation of cervical mucus and temperature to determine the last fertile day.

9 However, to maintain effective protection against pregnancy, another method of contraception must be used as soon as menstruation resumes, the frequency or duration of breastfeeds is reduced, bottle feeds are introduced, or the baby reaches 6 months of age.