

Calendar/rhythm contraceptive method: family planning in Nigeria. Colour lithograph by Federal Ministry of Health, ca. 2000.

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FEDERAL MINISTRY OF HEALTH, NIGERIA

FAMILY PLANNING

CALENDAR/RHYTHM METHOD

INSTRUCTIONS TO THE CLIENT

- Record the first day of each menstrual cycle for 6-12 months.
- Calculate the beginning of the fertile period by subtracting 18 days from the shortest cycle.
- Calculate the end of the fertile period by subtracting 11 days from the longest cycle.
- As an example, if the longest period is 31 days and the shortest is 23 days, the fertile period is from the 5th (i.e., $23 - 18 = 5$) to the 20th (i.e., $31 - 11 = 20$) day of the cycle, i.e., 16 days.
- Abstain from intercourse during the fertile period every month.

If cycle is irregular, do not use the Calendar/Rhythm Method; use other methods.



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