

## WHICH NFP METHOD IS RIGHT FOR US?

Natural Family Planning (NFP) is an umbrella term for healthy, effective methods used to achieve or avoid pregnancy that are based on observing certain naturally-occurring signs in the woman that indicate fertile and infertile phases of her menstrual cycle. There are several different methods of NFP offered at Morning Star OB/GYN. Here's a guide to help you discern which method is right for you.

All sessions are taught individually (only one couple and the instructor). Most insurance plans cover the cost of the classes as preventive care for family planning. The supplies fee, however, is the responsibility of the couple. Additional consultations and refreshers are also available as needed.

### **FAF - Family of the Americas Foundation Ovulation Method**

**Supplies Fee: \$25**

Observations are made of the cervical mucus and sensations resulting from its presence. A daily chart is kept by recording these observations using color-coded stickers, both of which are provided along with a book summary of the method. Proper interpretation of the fertile and infertile phases of the cycle is taught in the classes. Client-centered learning activities and individual consultation is offered for at least four sessions. Once the method is learned, an app is available for ongoing use.

### **NWFS - Northwest Family Services Sympto-Thermal Method**

**Supplies Fee: \$25**

Observations are made daily of cervical mucus, vaginal sensation, basal body temperature, and cervical changes. The observations are recorded with symbols on a chart. Through the instruction, clients are taught to cross-check and interpret these signs to determine fertile and infertile phases in a cycle. Client-centered learning activities and individual consultation is offered for at least four sessions. After the formal classes are completed, two follow-up meetings may be scheduled to help provide client autonomy.

### **BOMA - Billings Ovulation Method Association – USA**

**Supplies Fee: \$10**

Observations are made of the changing or unchanging patterns women experience at the vulva. The sensation and the visual aspects of cervical mucus are recorded daily by using a Billings Method chart and either stamps or symbols, and a reference book is provided. There are 4 rules to this method and no temperature taking. Client-centered learning activities and individual consultation is offered for at least four sessions.

### **CrMS - The Creighton Model FertilityCare System (CrMS)**

**Supplies Fee: \$35**

The Creighton Model is a standardized modification of the Billings Ovulation Method. The CrMS relies upon the standardized observation and charting of biological markers (natural observations) that are essential to a woman's health and fertility. These "biomarkers" tell the couple when they are naturally fertile and infertile, allowing the couple to use the system either to achieve or to avoid pregnancy. These biomarkers also communicate abnormalities in a woman's health. In the CrMS, external observations of the vulvar area of the discharge of the cervical mucus, the presence of bleeding, and the days when no discharge is present (dry days) are all used to obtain pertinent information on the phases of fertility and infertility and the state of the woman's procreative and gynecologic health. This Creighton Model of NFP tends to require more study on the part of the couple to learn; yet it can also provide more detailed information for the woman's health care provider to review, especially if the woman is experiencing irregular cycles.