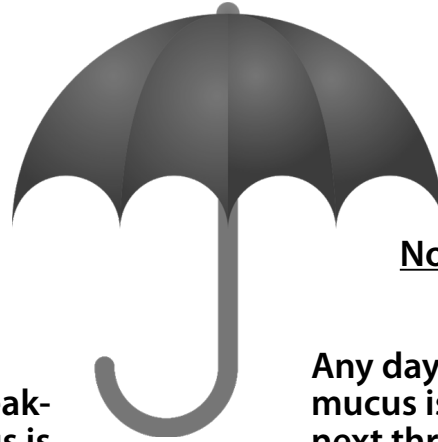


# Creighton Model FertilityCare System Basic Instructions

**All mucus is fertile!**



Peak Type  
10  
K  
L  
Any day of peak-type mucus is fertile, and so are the next three days.

Non-peak Type  
6 or 8  
C or Y  
Any day of non-peak type mucus is fertile, but the next three days are not fertile unless there are three days in a row of non-peak type mucus.

**There are two types of mucus:  
Peak-type or Non-peak type.  
Both are signs of fertility.**

Peak Type  
Any mucus that is  
Stretchy (10)  
Clear (K)  
Lubricative (L)

Mucus only needs one of those characteristics to be peak type. It does not have to have all three.

Non-peak Type  
Any mucus that is NOT  
Stretchy (10)  
Clear (K)  
Lubricative (L)

## The Peak Day

- The LAST day of any mucus observation that is clear (all or part is crystal clear), or stretchy, or lubricative.
- Determined one or two days after it occurs.
- One of the most important factors in identification of the Peak Day is the abrupt and dramatic change in the pattern of the mucus that occurs after it.

### Days of Fertility

- Menstrual flow
- Unusual bleeding
- Any observation of lubrication
- Any observation of mucus (anything that can be lifted off the tissue)
- Any day in the count of three
- Any time you are in doubt

### Days of Infertility

- Dry days that are not in the count of three

### When to Count Three

- After any unusual bleeding
- After one day of peak-type mucus
- After the last day of peak-type mucus
- After three or more consecutive days of non-peak type mucus
- When you are unsure or in doubt
- If you miss an observation

### Application of Stamps

#### White Baby Stamp

- Any mucus discharge that can be lifted off the tissue
- Any sensation of lubrication

#### Green Baby Stamp

- Dry days (O, 2, 2W, 4) when there is no sensation of lubrication and nothing can be lifted off the tissue in the count of three

#### Plain Green Stamp

- Dry days when there is no sensation of lubrication and nothing can be lifted off the tissue that are not in the count of three

#### Red Stamp

- Days of menstrual flow
- Any unusual bleeding

### Instructions to Achieve Pregnancy

Select days of fertility for genital intercourse, including the days in the count of three

### Instructions to Avoid Pregnancy

The highest effectiveness to avoid pregnancy is achieved when all genital contact is avoided on days of fertility.