

Creighton Model FertilityCare System

Postpartum Instructions

After Your Child's Birth

1. Begin charting immediately after your lochia (postpartum bleeding) decreases (usually around 3 weeks postpartum).
2. Read through chapters 4-8 in the user manual to brush up on charting and observing basics. There is also postpartum information that starts on page 61.
3. If you are totally breastfeeding, the first 56 days after birth are infertile. Totally breastfeeding means your baby gets a bottle only rarely – all nutrition needs to come from the breast. After those 56 days, you may have to avoid genital contact for 1-2 weeks to establish your basic charting pattern. Check with Lori if you are unsure.
4. If you are partially breastfeeding, or if you are not breastfeeding, avoid genital contact for one month after you begin charting.
5. The end of the day (when the woman goes to bed) on a day that gets a plain green stamp is considered infertile.
6. The end-of-day instructions continue through your first normal menstrual cycle (this may or may not be the first menses after birth – sometimes postpartum cycles are not normal for a little while).
7. When in doubt, consider yourself at peak fertility and do a count of 3.

Postpartum Follow-up Schedule

To schedule a follow-up, please visit <https://lharlanfcp.as.me>

All follow-up visits will be held via Zoom until further notice.

1 st follow up	5 weeks postpartum
2 nd follow up	7 weeks
3 rd follow up	9 weeks
4 th follow up	11 weeks
5 th and up	Every 6 weeks through 3 complete normal menstrual cycles

The follow-up schedule is flexible and is adjusted to meet individual needs.

Additional Instructions

1. Schedule your first postpartum follow up for about 5 weeks postpartum, or when you have about 2 weeks of charting complete.
2. Bring your chart to each follow-up. If meeting via Zoom, send a picture of your chart the day of the appointment. You can e-mail or text the picture. A scanned document is also fine.
3. Bring a form of payment to your first follow-up to pay for the appointment and any materials. Cash, check, credit card, PayPal, and Venmo are all acceptable if we meet in person. If we are meeting via Zoom, please use PayPal at [paypal.me/loriharlan](https://www.paypal.me/loriharlan) or Venmo (loriagnes).
4. Have questions? Contact Lori via e-mail at lharlan@gmail.com or call/text 785.532.8072.

CrMS Price List

Introductory Materials	\$25.00
<i>(includes user manual, stamp packet, and chart)</i>	
Individual sheets of stamps	\$0.25 per sheet
Packet of stamps	\$2.50
Chart	\$2.00
Picture Dictionary	\$20.00

Follow-up Sessions Fee Scale

\$0-\$19,999	\$10/session
\$20,000-\$29,999	\$20/session
\$30,000-\$39,999	\$30/session
\$40,000-\$49,999	\$40/session
\$50,000 and above	\$50/session

Sliding fee scale based on income. No one is refused because of inability to pay.