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1. User Manual
2. The Picture Dictionary
3. Book 1

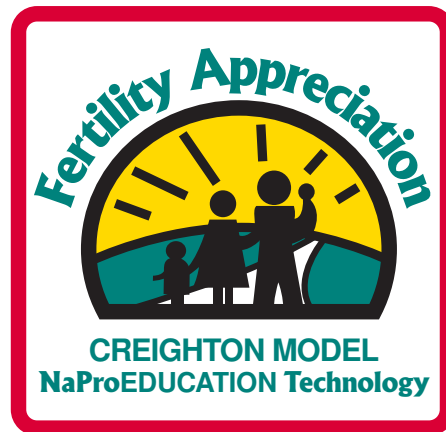
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For the Study of Human
Reproduction

CREIGHTON MODEL *FertilityCare*[™] System

AN AUTHENTIC LANGUAGE OF A WOMAN'S
HEALTH AND FERTILITYSM



FertilityCare[™] & NaProTECHNOLOGY[®]

A Contemporary Approach to Women's Health Care

Use this chart to record (NaProTRACK[™]) the biomarkers of the naturally occurring phases of your fertility and infertility. These same biomarkers will also allow you to monitor and maintain your reproductive and gynecologic health. The CREIGHTON MODEL System is scientifically sound, accurate, precise, and effective. It can be used to achieve and avoid pregnancy or in the further evaluation of infertility, repetitive miscarriage, abnormal bleeding, recurrent ovarian cysts, pelvic pain, premenstrual syndrome, etc. It does all of this in a way which cooperates with your fertility, respects the dignity of women and the integrity of marriage. As a bonus, it helps married couples discover the "inner soul" of their human sexuality. For more information, log onto: www.popepaulvi.com.

NAME _____ I.D. _____ CHART # _____ TC _____ CC _____

TEACHER _____ PHONE _____ E-MAIL (privacy protected) _____

The CREIGHTON MODEL **should not be learned** without adequate instruction and follow-up from trained teachers. Make sure to come for your follow-up visits and refer any interested individuals for adequate instruction.

Date of your next appointment	1	2	3	4	5	6	7	8
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ALWAYS BRING YOUR CHART TO FOLLOW-UP

DEFINITIONS

PEAK-TYPE MUCUS = Any mucus discharge that is **clear, stretchy, or lubricative**
NON-PEAK-TYPE MUCUS = Any mucus discharge that is **not** clear, stretchy, or lubricative
PEAK DAY = The **last day** of any mucus discharge that is **clear, stretchy, or lubricative**

VAGINAL DISCHARGE RECORDING SYSTEM

H = Heavy flow
M = Moderate flow
L = Light flow
VL = Very light flow (spotting)
B = Brown (or black) bleeding

Always record the presence or absence of mucus during the light and very light days of the menstrual flow.

0 = Dry
2 = Damp without lubrication
2W = Wet without lubrication
4 = Shiny without lubrication
6 = Sticky (¼ inch | 0.5 cm)
8 = Tacky (½ – ¾ inch | 1.0 – 2.0 cm)
10 = Stretchy (1 inch + | 2.5 cm or more)
10DL = Damp with lubrication
10SL = Shiny with lubrication
10WL = Wet with lubrication

B = Brown (or black) bleeding
C = Cloudy (white)
C/K = Cloudy/clear
G = Gummy (gluey)
K = Clear
L = Lubricative
P = Pasty (creamy)
R = Red
Y = Yellow (even pale yellow)

In addition, record how often during the day that you see the most fertile sign of the day and record it in the following fashion:
X1 = Seen only once that day **X2** = Seen twice that day **X3** = Seen three times that day **AD** = Seen all day

INSTRUCTIONS

Your instructions for using the System will be given to you by your teacher from the list of instructions below.

- A.** Always keep to the observational routine
- B.** Chart at the end of your day, every day, and record the most fertile sign of the day
- C.** Avoid genital contact
- D.** Days of fertility (use to achieve pregnancy)
 1. The menstrual flow
 2. From beginning of mucus until 3 full days past **Peak**
 3. 1 or 2 days of **non-Peak** mucus **pre-Peak**
 4. 3 or more days of **non-Peak** mucus **pre-Peak** — plus count 3
 5. Any single day of Peak mucus — plus count 3
 6. Any unusual bleeding — plus count 3
- E.** Days of infertility (use to avoid pregnancy)
 1. Dry days pre-Peak — end of the day, alternate days
 2. Dry days pre-Peak — end of the day, every day
 3. 4th day post-Peak — always end of the day
 4. Dry days post-Peak (after 4th day) — end of the day, alternate days
 5. Dry days post-Peak (after 4th day) — end of the day, every day
 6. Dry days post-Peak (after 4th day) — any time of day
 7. Dry days on L, VL, or B days of bleeding at end of menstrual flow — end of the day
- F.** Seminal fluid instruction (see manual)
- G.** “Double” Peak
 1. On P+3, ask “double” Peak questions
 2. If post-Peak phase is greater than 16 days in duration and system used properly to avoid pregnancy, anticipate “missed” period form of “double” Peak
 3. When **anticipating “double” Peak**, keep to the **end** of the infertile days and continue good observations
- H.** When in doubt, consider yourself of peak fertility and count 3
- I.** Special fertility instructions
 1. Avoid genital contact until good mucus is present (subfertility patients only)
 2. Use days of greatest quantity and quality and first two days afterward
 3. Record the amount of stretch of the mucus (1, 2, 3... inches/centimeters) (subfertility patients only)
 4. Record abdominal pain (**AP**), right abdominal pain (**RAP**), and left abdominal pain (**LAP**) (subfertility patients only)
- J.** Essential sameness question — “**Is today essentially the same as yesterday?**” — yes or no
- K.** Yellow stamp instructions (for avoiding pregnancy)
 1. **Pre-Peak** — end of the day, alternate days
 2. **Post-Peak** (after 4th day) — end of the day, alternate days
 3. **Post-Peak** (after 4th day) — end of the day, every day
 4. **Post-Peak** (after 4th day) — any time of day
 5. Discontinue use when period starts (BF)
 6. Discontinue pre-Peak Y.S. in regular cycles when mucus cycle < 9 days.
- L.** If totally breastfeeding, first 56 days after birth of baby are infertile
- M.** End of day instructions apply through the first normal menstrual cycle
- N.** Other (e.g., second stretch test, second wipe test, etc.)
- O.** Continue charting for the duration of the pregnancy.

Name, Address, and Telephone of FertilityCare™ Center

The Picture Dictionary *of the* **CREIGHTON MODEL FertilityCare™ System**

THIRD EDITION



*An Authentic Language of a
Woman's Health and FertilitySM*

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TEACHER'S EDITION
A FertilityCare™ RESOURCE BOOK

A FertilityCare™ Resource Book — THIRD Edition

By Thomas W. Hilgers, MD, Ann M. Prebil, K. Diane Daly, Susan K. Hilgers

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The CREIGHTON MODEL
FertilityCare™ System:

A Standardized Case Management Approach to Teaching

An Authentic Language of a Woman's Health and FertilitySM



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Book I: Basic Teaching Skills
Second Edition

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**Book I: Basic
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