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

www.popepaulvi.com
www.creightonmodel.com
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.
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.

### 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

<table>
<thead>
<tr>
<th>Prefix</th>
<th>Mucous Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>H</td>
<td>Heavy</td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>Moderate</td>
<td></td>
</tr>
<tr>
<td>L</td>
<td>Light</td>
<td></td>
</tr>
<tr>
<td>VL</td>
<td>Very light flow (spotting)</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>Brown (or black) bleeding</td>
<td></td>
</tr>
<tr>
<td>0</td>
<td>Dry</td>
<td></td>
</tr>
<tr>
<td>2W</td>
<td>Damp without lubrication</td>
<td>0.5 cm</td>
</tr>
<tr>
<td>2</td>
<td>Wet without lubrication</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Shiny without lubrication</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Sticky (1/4 inch</td>
<td>0.5 cm)</td>
</tr>
<tr>
<td>8</td>
<td>Tacky (1/2 – 3/4 inch</td>
<td>1.0 – 2.0 cm)</td>
</tr>
<tr>
<td>10</td>
<td>Stretchy (1 inch +</td>
<td>2.5 cm or more)</td>
</tr>
<tr>
<td>10DL</td>
<td>Damp with lubrication</td>
<td></td>
</tr>
<tr>
<td>10SL</td>
<td>Shiny with lubrication</td>
<td></td>
</tr>
<tr>
<td>10W</td>
<td>Wet with lubrication</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>Brown (or black) bleeding</td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>Cloudy (white)</td>
<td></td>
</tr>
<tr>
<td>C/K</td>
<td>Cloudy/clear</td>
<td></td>
</tr>
<tr>
<td>G</td>
<td>Gummy (gluey)</td>
<td></td>
</tr>
<tr>
<td>K</td>
<td>Clear</td>
<td></td>
</tr>
<tr>
<td>L</td>
<td>Lubricative</td>
<td></td>
</tr>
<tr>
<td>P</td>
<td>Pasty (creamy)</td>
<td></td>
</tr>
<tr>
<td>R</td>
<td>Red</td>
<td></td>
</tr>
<tr>
<td>Y</td>
<td>Yellow (even pale yellow)</td>
<td></td>
</tr>
</tbody>
</table>

### Instructions

**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.
The Picture Dictionary
of the
CREIGHTON MODEL
FertilityCare™ System
THIRD EDITION

An Authentic Language of a
Woman’s Health and Fertility™

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K. DIANE DALY, RN, CFCE
SUSAN K. HILGERS, BA, CFCE

TEACHER’S EDITION
A FertilityCare™ RESOURCE BOOK
The CREIGHTON MODEL

FertilityCare™ System

A Standardized Case Management Approach to Teaching

Book I: Basic Teaching Skills

Second Edition

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Saint Paul VI Institute Press • Omaha, Nebraska • 2019