

There are **3 NFP options** for courses all approved by the USCCB: Creighton; Marquette; and Couple to Couple League. See Figure 2 for the options. To assist the priest or deacon in helping a couple chose between these 3 NFP options a brief description of each is given below. They are:

- 1) The Creighton Method is an *ovulation method*. The ovulation method observes and records the patterns and changes of cervical fluids. It uses standardized teaching and procedures to chart, follow up and evaluate fertility. The estimated time of classes is 3 to 6 months and can be up to one year depending on the regularity of the woman's cycle and their diligence in charting. The following signs of fertility can be charted: cervical mucus, and other minor signs of fertility as determined.

Classes: The first meeting is an introduction and overview. Then there are 2 meetings two weeks apart to review the couple's charting to gain confidence in using the method. The next 2 followups are also two weeks apart to review charting results and answer questions. Subsequent meetings are 3 months apart.

The cost for this method is \$50 for materials and approximately \$35 for each followup meeting.

- 2) The Marquette Method is a *hormonal monitoring method* that can also incorporate *sympto-thermal methods*. Hormonal monitoring (HM) uses a monitor to test for urinary female hormones. Sympto-thermal method (STM) combines daily waking temperature, changes in cervical fluid, cycle length and other minor signs of fertility. The combined information from HM and STM are used to determine the stages of fertility. The estimated time of classes is 3 to 6 months depending on the regularity of the woman's cycle and their diligence in charting. The following signs of fertility can be charted: urine hormone levels; cervical mucus; basal body temperature; cycle length and other minor signs of fertility.

The cost of this method is approximately \$35 per session depending on the trainer and location plus the cost of a Clearblue Fertility Monitor (cost range \$45 to \$250) and Clearblue monitoring strips (~\$39 for 30 strips which is about a 2 month supply).

- 3) Couple to Couple League focuses on the *sympto-thermal method* (STM) which combining daily waking temperature, changes in cervical fluid, cycle length and other minor signs of fertility to determine the stages of fertility. This is taught by a couple to a couple. It can be taken online with a trained couple, online self study, or actual meetings with trained couples. The estimated time of classes is 3 to 6 months depending on the regularity of the woman's cycle and their diligence in charting. The following signs of fertility can be charted: cervical mucus, waking temperature, internal cervical exam and menstrual cycle length.

The cost of this method is \$135 total for all classes. Typically this consists of 3 classes spaced 2 weeks apart. Special circumstances may require additional classes.