

Fertility awareness methods of family planning

| | Answer |
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| 1. The woman’s egg lives up to 7 days. | False |
| 2. Sperm can survive in the female genital tract and are capable of fertilising the egg for up to 7 days after sex. | True |
| 3. The chances of conception are approximately zero six days before and 2 days after the temperature rise. | True |
| 4. The basal body temperature rises by about 0.5°C just before ovulation. | False |
| 5. Usually when a woman is fertile her cervix is high, soft and open. | True |
| 6. To optimise her chances of pregnancy a woman should be aware of the significance of timing intercourse to coincide with wetter, transparent, slippery, stretchy secretions. | True |
| 7. The late infertile time (post-ovulation) is the safest time for intercourse to avoid pregnancy. | True |
| 8. The standard days rule indicates the fertile time as days 10-23 for all women (provided cycles are within the range of 26-32 days). | False |
| 9. When motivated couples taught by experienced FAM teachers use a combination of fertility indicators, fertility awareness methods can be up to 98% effective. | True |
| 10. Lactational amenorrhoea method only applies to women who are less than 6 months post-partum, amenorrhoeic and fully breastfeeding day and night. | True |