



# FertilityCare™ during your Pregnancy & Post-Partum

## Pregnancy

How can the Creighton Model help while you are pregnant?

The FertilityCare™ System is here to help women at all stages of reproduction, including every stage of pregnancy and post-partum. We are happy to answer general questions related to pregnancy, birth, postpartum and breastfeeding – contact your FCP.

Once a Creighton Model FertilityCare™ user achieves a pregnancy, the process of charting and Follow-ups changes. Charting during pregnancy is optional; however, continuing your observations is recommended.

Your Practitioner will be in contact about every 4 months during your pregnancy to get brief updates, typically via an informal call or email.



CONTACT YOUR FCP AND YOUR DOCTOR IF YOU NOTICE:

- Spotting/Bleeding
- 2W observations
- Low backache
- Cramps
- Pelvic pressure

## Family Planning

Following the delivery of your baby, typically your nurse, doctor or midwife will discuss family planning options.

The Creighton Model FertilityCare™ System is very effective for both avoiding and achieving pregnancy with no medical side effects.

There are no contraindications for use during breastfeeding – the system is very safe.



## After your baby is born

### When do I start charting again?

Your FCP will contact you about 4 weeks after your due date, to get an update on labour, delivery, baby's info, etc.

Once you are post-partum, breastfeeding can be a big factor in the return of your fertility. We recommend follow-ups at 2-week intervals when you begin charting again, to help you understand any changes or new patterns as you return to cycles.

You should begin charting when your bleeding decreases (usually 3-4 weeks after delivery), and your first follow-up should be scheduled to allow 2 weeks of charting to discuss.

If it is your intention to avoid a pregnancy, your FCP will provide system instructions for breastfeeding (total or partial) and non-breastfeeding. Seminal fluid elimination can be more difficult in women who are breastfeeding - your FCP can provide additional instructions if this pattern is observed.

**FertilityCare™**  
- women deserve it!

# After your baby is born...

## Diagnosis and Treatment of Post-Partum Depression

Post-partum Depression exists in 10-20% of women after having a baby; **post-partum mood disorders occur up to 40% of the time.** It usually occurs within the first week after the birth of a baby but onset may be delayed up to 3-6 months.

Post-partum depression and post-partum anxiety are associated conditions to PMS. In fact, women who suffer from postpartum mood disorders often have a pre-existing history of PMS (or a history of PPD or PPA).

**In PPD, the woman suffers from a severe change in mood,** which includes *depression, anxiety, hopelessness,* and sometimes *suicidal thoughts.* Untreated PPD could develop into post-partum psychosis.



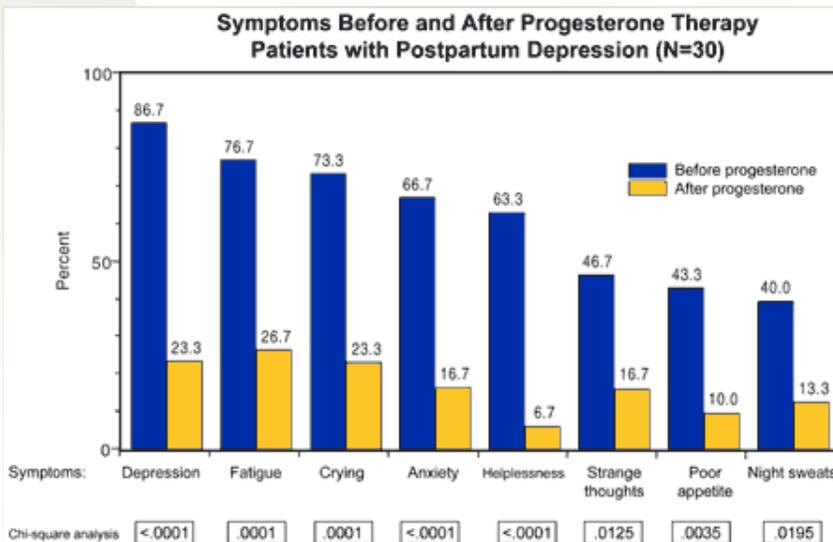
Current medical approaches use antidepressants or anti-anxiety agents to treat PPD. These treatments often take months and result in very slow progress or observable improvement.

### With NaProTechnology™ treatment for PPD, the success rate is 96.5%!

NaProTechnology™ treats PPD differently. **With the correct use of bio-identical progesterone, improvement in symptoms is often observed within hours after its administration (16.7% of cases).**

Read more:

[www.naprotechnology.com/depression.htm](http://www.naprotechnology.com/depression.htm)



Reference: Pope Paul VI Institute

## Symptoms of PPD

- Depression
- Anxiety
- Panic Attacks
- Fatigue
- Insomnia
- Poor Appetite
- Helplessness
- Feel Wired
- Shaky
- Crying
- Hot Flashes
- Night Sweats
- Rapid Heartbeat
- Strange Thoughts
- Nausea
- Suicidal
- Other



### Noticing these symptoms?

If yes, contact your FertilityCare™ Practitioner for a NaProTechnology™ referral.

Find more info by Google searching:

- "Postpartum plain mama English"
- "Beyond Blue postpartum Edinburgh Scale"

### For the Men

If you notice these PPD symptoms, or you just know that your wife is not at all like her normal self, contact your Practitioner (contact info is on the back of the chart).