

LIMITATIONS OF NATURAL CONTRACEPTIVE Methods

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Although menstruation protects against pregnancy, it must not be considered a reliable natural contraceptive.



Most women do not conceive when breastfeeding, but it is possible to get pregnant after you get your first period

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3

Choose a combination of methods to know your fertile days most accurately.



The withdrawal or pull-out method could get you pregnant when sperm is present before ejaculation.

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5

Douching is not considered an effective method to prevent pregnancy.



References:

1. Myths and facts about contraception and long-acting reversible contraception (LARC); BetterHealth
2. Natural family planning (fertility awareness); NHS
3. Ovulation home test; MedlinePlus
4. Does Douching Prevent Pregnancy?; Nemours

