

FAQs

Logistics for the course / communication:

- Can I do a mix of on-demand video instruction and live instruction?
 - Yes! I like giving you options!
 - You can learn the initial instruction over video and then have a live follow-up, or vice versa. Or, for example, you could learn the postpartum protocol live and then decide to learn the regular cycle protocol by video.
 - Link to my appointment calendar: www.calendly.com/nfppharmacist
- Can I ask you a private question?
 - Yes, you can send an email to **emily@nfppharmacist.com**
- When will you respond to my emails?
 - When I am working full-time, I do my best to respond to emails within 48 hours on business days (Monday-Friday)
 - I am taking maternity leave July 1 - August 12 and will be responding emails, but will not be guaranteeing a timeframe while my focus will be on caring for myself and my newborn
 - I am planning to work part-time August 15 - September 30 and I will do my best to respond to emails within 72 hours. Beginning October 3, I am planning to return to full-time work.
 - If you do not hear back from me within the communicated timeframe, you are welcome to send me another email, as it is possible I made a mistake and missed your message.
- Will I be charged for any email communications?
 - No, not for most emails. I want to be sure you are getting your questions answered and feeling confident about using the Marquette Method.
 - The only time I charge for email communications is if you send me charts and ask me to review them and make recommendations. I will advise you to schedule a follow-up appointment to do this, but if you tell me you prefer to communicate by email, I may charge you \$25 for a complex email follow-up. I will clearly communicate with you if I feel your situation is complex enough to warrant payment.
 - It is rare to be charged for an email follow-up. Most email communications are free of charge :)
- What materials are included with each of the courses?
 - Besides the video content, each course contains protocols, tipsheets, and/or chart templates
 - New Instruction
 - New Regular Cycles: manual/tipsheets for each sign of ovulation; Marquette Method regular cycles protocols; chart templates
 - New Postpartum Cycles: manual/tipsheet for using the Monitor; Marquette Method postpartum protocols; chart templates
 - Add-Ons
 - Add-On Long/Irregular Cycles: protocol for long or irregular cycles
 - Add-On Perimenopause: perimenopause protocols
 - Add-On After 1st Postpartum Period - Breastfeeding: Marquette Method post-period breastfeeding protocol; chart template
 - Follow-Up
 - Follow-Up Regular Cycles: Marquette Method protocols for cycle 7 and beyond; chart templates
 - Follow-Up Postpartum Cycles: Marquette Method protocols for postpartum post-periods; chart templates

- My church requires proof that I completed a natural family planning course. How do I get this?
 - Send an email to Dr. Emily at emily@nfp pharmacist.com requesting a certificate of completion. Please also include the spelling of your full names you want on the certificate. Dr. Emily / the NFP Pharmacist team will confirm you completed the course and then a PDF certificate will be emailed to you.
- Why is there a different cost to this online course (on-demand video instruction) versus having a live, online appointment?
 - The on-demand video instruction (online course) is much more comprehensive than what Dr. Emily can provide in a live instruction session. For example, the New instruction courses contain 2+ hours of video content compared to a 1-hour live instruction session. In a live session, Dr. Emily tailors the instruction based on your specific situation and the sign of ovulation you want to track. The online courses contain information on all possible scenarios, instruction in all the signs of ovulation, and how to double-check ovulation. In addition, with the courses, you get access to ALL the protocol documents and chart templates for the different scenarios. In addition, there is a cost to Dr. Emily for hosting the course on the website.
- I finished the course. Now what?
 - First, celebrate yourself! That's awesome!
 - Second, fill out this short Google Form: <https://forms.gle/NwNb4hnmiLfpqVDX7>
 - Third, book a free 15-min phone/video call with Dr. Emily: <https://calendly.com/nfp pharmacist/coursecall> You can ask questions, provide feedback, or just say hi!

Which course do I take? What are the differences?

- What are the different course options?
 - NEW instruction - for those who have never had any instruction in the Marquette Method
 - Postpartum Cycles: women who are in their cycle zero (time between having a baby and period returning)
 - Regular Cycles: anyone else
 - FOLLOW-UP instruction - for those who received initial instruction from a certified Marquette Method instructor OR who completed the New Instruction course and require more instruction
 - ADD-ON courses - additional instruction that could be added on to the New Regular Cycles Instruction course
 - Long/Irregular Cycles
 - Perimenopause
 - Breastfeeding after 1st Postpartum Period
- What is the difference between the New Postpartum Cycles Instruction course and the Follow-Up Postpartum Cycles Instruction course?
 - The New Course is intended for women who are in their postpartum cycle zero, meaning the time period between having baby and their period returning
 - The Follow-up Course is intended for women who completed the New Course and now their period has returned
- When would I start with a "Follow-Up" course instead of a "New" course?
 - See above question re: postpartum cycles
 - The New Regular Cycles Instruction course is intended for women who are new to the Marquette Method
 - The Follow-Up Regular Cycles Instruction course is intended for women who have already received instruction in the Marquette Method and require further instruction after using the Marquette Method for 6 cycles. You would start with this course if you previously learned the Marquette Method with a certified Marquette Method instructor.

- What defines long or irregular cycles?
 - The Clearblue Fertility Monitor, the device used to measure urine hormone levels along with the Marquette Method protocols, is validated for use in women whose cycle lengths are between 21-42 days
 - There is some variation in medical references, but typically a cycle length >35 days is considered long
 - Irregular cycles mean your cycle length varies by >7 days per cycle
 - The Clearblue Fertility Monitor only allows for 19 testing days per cycle. If the Monitor does not detect ovulation after 19 tests, it stops reading your hormone levels. Marquette has developed a protocol for women with cycles requiring more than 19 tests (usually, cycle length >38 days). If this is you, it would be beneficial to purchase the “Add-On: long/irregular cycles” course.
 - Long and irregular cycles can happen for a variety of reasons, but one of the most common reasons is a diagnosis of PCOS
- What is perimenopause?
 - Perimenopause is the transition time before menopause. Menopause means you lost your period for 12 months.
 - On average, perimenopause begins between age 45-55

Using the Marquette Method:

- Which sign of ovulation is best to track?
 - They are all good! The most effective sign is going to be the one that you consistently track. The options for tracking with the Marquette Method are:
 - Urine hormone levels alone (Clear Blue Fertility Monitor)
 - Cervical mucus alone
 - Urine hormone levels + cervical mucus
 - Urine hormone levels + basal body temperature
 - Cervical mucus + basal body temperature
 - Urine hormone levels + cervical mucus + basal body temperature
 - Tracking multiple signs does not make the method more effective, and actually can make tracking feel more complicated and confusing
 - What the research says:
 - 1999 Guida et al. - Italian researchers found the most accurate self-observed measure of ovulation (confirmed by serial ultrasound of the follicles) was a urinary LH test, followed by cervical mucus, and then BBT
 - 2001 Ecochard et al. - French researchers discovered the urinary LH estimated day of ovulation was (on average) equivalent to the ultrasound-determined day of ovulation
 - 2000 Behre et al. - German scientists studied the accuracy of the Clearplan Easy Fertility Monitor (CPEFM) [original name of the Clear Blue Fertility Monitor] - In 91.1% of the cycles, ovulation occurred during the 2 days of the CPEFM peak day readings
 - 2017 Fehring & Schneider:
 - In couples that always followed instructions perfectly: when using monitor, mucus, or monitor + mucus: Marquette Method was 98% effective to avoid pregnancy.
 - In couples that did not always follow instructions perfectly:
 - Monitor = 98% effective to avoid pregnancy
 - Mucus = 92% effective to avoid pregnancy
 - Monitor + Mucus = 93% effective to avoid pregnancy

- Things to think about:
 - Does the idea of cervical mucus gross you out? Maybe you want to consider monitoring hormone levels alone
 - Do you do shift work or just don't get a consistent amount of sleep? That is going to affect the accuracy of your temperature readings and so tracking temperature is probably not best for you
 - Are you doing everything you can to save money? Then you are going to want to choose to track mucus only (no need to buy monitor or thermometer)
- Do I need to purchase the Clearblue Fertility Monitor before taking the course?
 - The only course where the Clearblue Fertility Monitor is required is the New Postpartum Instruction course, for women who have not had their period back after having a baby.
 - With regular cycles instruction, urine hormone level testing with the Clearblue Fertility Monitor is one option for detecting ovulation. The other option is cervical mucus tracking. And then temperature tracking can be added on to either of these signs.
 - Even if you decide you want to track urine hormone levels, you may still purchase the instruction videos before you purchase the Clearblue Fertility Monitor. The videos regarding how to set-up and use the Monitor will likely be most beneficial when you do have the Monitor in your possession.
- What do you mean by first 6 cycles?
 - When the Marquette Method instruction videos and/or protocols refer to the first 6 cycles, this is referring to the first 6 cycles of using the Marquette Method. You may have had well over 6 menstrual cycles in your lifetime, but when you start using the Marquette Method, you follow specific directions during your first 6 cycles of use, and then there are different instructions in your 7th cycle of use and beyond
- Can I chart the Marquette Method with an app?
 - There is not a specific app, but you CAN chart on your mobile device
 - You receive access to a chart in a spreadsheet format. You can then upload the chart to a cloud service like Google Sheets. Then, you can access the chart on your phone with the free "Sheets" app. As a couple, you can also share your chart with each other, which can help with communication
- Is the Proov test part of the Marquette Method?
 - Proov tests have been reviewed by Marquette Method instructors, and although an official Marquette Model protocol has not yet been developed, other instructors have successfully used Proov in addition to other signs of fertility. As noted on their website, Proov detects progesterone levels, which rises AFTER ovulation. Therefore, it can help confirm that ovulation did happen, but it does not give you any information about the time prior to ovulation, which is a time you would want to be avoiding intercourse if you are avoiding pregnancy.
 - The Proov test is an option to double-check ovulation (see "double-check ovulation" video)

Other tools:

- What about using fertility / period tracking apps?
 - See this article from FACTS: [AppReviewSynopsis_AvoidPregnancy_FACTS.pdf](#)
 - Ask yourself:
 - Was the app designed for avoiding or achieving pregnancy? What is your attention?
 - Is the app trying to predict your day of ovulation based on your previous cycle or on a population average? These have not been found to be reliable for predicting your day of ovulation
 - You can chart the Marquette Method on your mobile device - see above

- What about Mira, Inito, or Oova monitors/tracking systems?
 - Inito monitor and the Oova system have not yet been studied by Marquette University (where the Marquette Method originates) and there are no studies comparing it to the Clear Blue Fertility Monitor.
 - Marquette is actively studying the Mira monitor right now and some Marquette instructors are trialing this. They are still assessing the qualitative hormone level results and their interpretation for the threshold as to when to avoid intercourse to avoid pregnancy. No protocols have been developed for Mira, or any of the other monitors on the market now.
 - As you can see on all of their websites, all these devices/strips are marketed and designed for helping women **achieve** pregnancy. So is Clear Blue actually.
 - The difference with Clear Blue is that the researchers at Marquette University have gone through extensive studies of thousands of women's cycles now and have developed protocols for women to be able to **avoid** pregnancy.
 - As far as the effectiveness of the Marquette Method, it only goes as far as the method being followed as researched. When we start trying to add new technologies that have not yet been studied, we just do not know if they will truly be effective, even if in theory it seems like they could be. One thing I very much appreciate about Marquette University is that research and evidence is very important to them, and they are always doing new research and developing new protocols as possible. Unfortunately, research and development of protocols does take time.
- What about other Clearblue ovulation products?
 - The research done at Marquette to develop the family planning protocols was done with the Clearblue Fertility Monitor.
 - Clearblue has an "advanced digital ovulation test" system that came out after the Monitor. Multiple Marquette instructors tested this system against the Clear Blue Fertility Monitor device, and what was found was that the advanced digital ovulation tests were more likely to have false peaks than the Monitor. (Even though both products test for estrogen and LH).
 - The bluetooth Connected ovulation test system just came out in March 2022. Unfortunately, because of that, we do not know at this time if the results seen from this system are the same as what we have seen with the Clear Blue Fertility Monitor device. Just based on the looks of this system, it does look similar to the advanced digital ovulation tests, so I would be concerned it would also identify false peaks. I would also say that based on what I could tell, this system wouldn't work for postpartum or for women with long/irregular cycles, where we need to do some manipulation of the Clearblue Fertility Monitor's settings to be able to track cycles when they are not regular.
- What about TempDrop or other wearable temperature monitoring devices?
 - The Marquette Method protocols using temperature tracking were completed using oral basal body thermometers. That being said, there are a number of Marquette Method instructors who have commented that their clients have used the TempDrop device and they have found it seems to be reliable for confirming ovulation. It is up to your judgment if you would like to use a wearable temperature monitoring device, or if you would prefer to use an alternative method for double-checking ovulation if oral temperature tracking is not working for you.