Few women able to determine the changes in her cervical mucus secretion (increase secretion of clear, slippery & stretchable cervical mucus can be detected in the vagina on the days preceding ovulation.

Also ovulation kits are available for detecting the LH surge in the urine 36 hours before ovulation.

The safe period has a high failure rate; pearl index is 20-40.

**D- Spermicides:**

These are chemical substances placed in the vagina before coitus, which kill the spermatozoa. They are prepared as pessaries, cream, or foams. When used alone they give very poor results , but they are often used in conjunction with a mechanical barrier such as a diaphragm or condom. The method is simple, not need medical supervision. It sometime causes soreness or irritation to one or other partner.

**E-Vaginal tampons:**

A disposable sponge impregnated with the spermicidal as nonoxynol- 9 used in the upper vagina as a barrier to sperm penetration of the cervix.