



MARQUETTE MODEL

Natural Family Planning

The Marquette Method uses at-home-urine Fertility monitors (Clearblue Fertility Monitor or Mira Fertility Monitor) to assist couples in determining their fertile window to achieve or avoid pregnancy. The urine hormonal testing can be used in conjunction with cervical mucus and/or body basal temperature. This method can be used for regular or irregular cycles as well as special circumstances like the postpartum period, the perimenopause period, pre-conception and for general women's health.

Marquette Method Resources in the Dioceses:

1. Dr. Thomas Bouchard (call 403-240-2221 to book, no referral required, ask for an "NFP" visit)
2. Rikka Borrás, RN. Fertilityawarenessnfp@gmail.com
3. Monica Rincon, BSc. <https://www.saintmary.ca/>