



Permanent Birth Control

## Common Patient Q&As

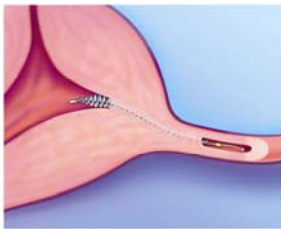
### **What is the Essure procedure?**

The *Essure* procedure is a method of female permanent birth control (also known as sterilization) that does not involve cutting or the need for general anesthesia. The *Essure* procedure is typically completed in 30 minutes.

### **What are the benefits?**

The *Essure* procedure offers women the following benefits:

- No incisions or cutting
- Quick return to normal activities
- Hormone-free
- No general anesthesia required
- Follow-up test gives you peace of mind knowing that your tubes are blocked
- 99.80% effective (based on 4 years of follow-up)



### **How is the procedure done?**

During the *Essure* procedure soft, flexible coils called micro-inserts are passed through the body's natural pathways (vagina, cervix, and uterus) and placed into each fallopian tube. The procedure is typically performed in 30 minutes and most women are able to leave the medical facility about 45 minutes after the procedure is complete.

After 12 weeks, tissue growth into the micro-inserts forms a permanent barrier to protect you against pregnancy.

### **How does it work?**

During the first 3 months following the procedure your body and the micro-inserts work together to form a tissue barrier so that sperm cannot reach the egg, preventing you from getting pregnant.

### **What are the micro-inserts made from?**

The micro-inserts are made from the same safe materials that have been well studied and used successfully in medical procedures such as heart and other surgeries for decades.

### **Is it new?**

No. The *Essure* procedure was approved by the FDA in 2002 and tens of thousands of *Essure* procedures have been performed worldwide since 1998.

### **It is covered by health insurance?**

The *Essure* procedure is covered by many health insurance companies. We recommend that you first check with your doctor and insurance company if you decide to have the procedure. The cost should be the same as a tubal ligation with insurance.

### **What are the risks and considerations?**

As with all medical procedures, there are risks associated with the *Essure* procedure and micro-inserts that you should discuss with your doctor. Important considerations include:

- The *Essure* procedure is not reversible
- Like all methods of birth control, the *Essure* micro-inserts should not be considered 100% effective
- Not all women who have the *Essure* procedure will be able to have both micro-inserts placed
- Patients must use another form of birth control for at least 3 months after the procedure
- The *Essure* micro-inserts remain in the body permanently and if removal is necessary, it may require surgery



The *Essure* micro-insert is a soft, flexible coil that does not contain or release hormones.