

## Essure- A non-incisional permanent birth control

At Women's Health Associates, we are pleased to offer the latest technology in permanent birth control performed right in the office- Essure.

Unlike tubal ligation, which remains one of the most popular forms of birth control in the U.S., Essure does not require any incisions, and can easily be performed in our office. In addition, Essure's non invasive procedure allows women to return to home about 45 minutes after the procedure is completed and return to usual activities the following day.

During the Essure procedure, a soft micro-insert is placed into each fallopian tube through the cervix using a small catheter. Once in place, the insert stimulates your body's natural tissue growth in and around the micro-insert, forming an occlusion, or blockage in the fallopian tube, thus causing permanent sterilization.

The FDA approved Essure based on data from clinical trials and we now have results several years after the procedure. Among women who have had Essure, no pregnancies occurred. However, like all other forms of birth control, Essure is not expected to be 100% effective and another form of birth control must be used during the three months following the procedure. For confirmation, after three months, a special x-ray or ultrasound is obtained to assure that both fallopian tubes are occluded and that sterilization is confirmed.

Our physicians certified to perform the Essure procedure are required to complete a comprehensive training program in this non-invasive procedure for permanent birth control.

The procedure is comfortably performed at our office in about 15 minutes with local anesthesia and a dose of an anti-inflammatory before the procedure.

It takes a few months to form scar tissue around the micro inserts to completely block the fallopian tubes so women must use another form of birth control ( like oral contraceptives or condoms) for three months following an Essure placement. After three months you will be scheduled for an HSG. This is a simple test done by Women's Health Associates doctors in the radiology department of the hospital to ensure that the tubes are 100% blocked. After completing the HSG you may stop using backup birth control.

FAQ's

1.Does insurance cover Essure placement?

A. Yes, although it is always necessary to contact your insurance company to verify coverage. Most insurance companies do cover Essure and when performed in the office it is much less expensive than a tubal ligation.

2. Is Essure reliable?

No birth control is 100% effective but Essure is 99% effective when the HSG confirms tubal occlusion.

3. Is Essure painful?

Most women tolerate Essure well and experience only mild discomfort during the Essure placement.

Q. When can I resume my regular activities?

A. Generally the procedure requires only a mild reduction in activity the day of the procedure and then you can return to normal activities the following day.

If you are interested in more information about Essure, please call any of our offices to schedule an appointment and discuss this with your doctor.