What is Essure?

• The Essure® procedure is a permanent birth control procedure that works with your body to create a natural barrier against pregnancy.

• Essure offers peace of mind from pregnancy without hormones, cutting, burning, going under general anesthesia, or the risks of tubal ligation.

• It can be performed right in our office in about 10 minutes and will allow you to return to your daily routine quickly, usually in less than a day.

What happens during the procedure?

• During the procedure a soft, flexible micro-insert is passed through the vagina and cervix and into each fallopian tube.

• Over the next three months your body creates a natural barrier which prevents sperm from reaching the egg so conception never occurs.

• After 3 months you will receive an Essure Confirmation Test to verify you are protected from unplanned pregnancy. This test verifies your that fallopian tubes are blocked and you can rely on Essure as your method of birth control.

What are the benefits of the Essure procedure?

• You will never have to worry about unplanned pregnancy again.

• Unlike tubal ligation and vasectomy, there’s no cutting, burning, or scarring.

• You don’t have to go under general anesthesia, so you will avoid the risks that entails.

• There’s no slowing down to recover. Most women return to normal activity within one or two days.

• Unlike some birth control methods, Essure doesn’t contain hormones.

• There’s no time out. The procedure takes about 10 minutes to perform and most women leave the office within 45 minutes and return to normal activities in less than a day.

• The Essure Confirmation Test, performed three months after the procedure, gives you the peace of mind that you can rely on Essure for your birth control.

• Essure has been trusted by women and doctors since 2002.

Is the Essure procedure reversible?

• No. Like a tubal ligation or vasectomy, the Essure procedure is not considered reversible. You should be sure you do not want to have any children in the future.

Will my insurance cover the Essure Procedure?

• The Essure procedure is covered by most insurance providers. Depending on your insurance plan, payment may be as low as a simple co-pay.

• If you would like to confirm benefit coverage with your insurance provider there should be a toll free number on your insurance card.

• You should call that number and ask if procedure code 58565 is a covered benefit.
How long does the Essure procedure take?
• The procedure itself takes about 10 minutes.
• Most women leave the office within 45 minutes and return to normal activities in less than a day.

How much pain is involved in the procedure?
• You may have pain or cramping similar to what you experience during a normal menstrual cycle.
• Some women reported mild discomfort or cramping during or after the procedure.

Will I continue to get my period?
• Yes. Unlike birth control pills, patches, rings, and some IUDs or IUCs, Essure does not contain hormones that interfere with your natural menstrual cycle. Your periods should continue in their natural state.
• Some women have temporary changes in their periods such as lighter or heavier periods, which may be attributed to discontinuing hormones.

How effective is the Essure procedure?
• Essure is 99.80% effective at preventing pregnancy, based on 4 years of clinical data.
• Keep in mind that no method of birth control is 100% effective.

What will happen to my eggs after I get Essure?
• After the Essure procedure, your ovaries will continue to produce eggs, which will be absorbed by your body.

What are the Essure micro-inserts made of?
• The Essure micro-inserts are made of polyester fibers, nickel-titanium and stainless steel.
• These materials have been used successfully for many years with other procedures such as artificial heart valves, blood vessel grafts and abdominal repair.

If I am allergic to nickel, can I still get Essure?
• There is a small amount of nickel in the micro-insert. If you have any concerns, you should discuss them with your doctor.

Could Essure cause me to gain weight?
• No, since the Essure micro-insert does not contain hormones, having the procedure should not cause weight gain.

What is the Essure Confirmation Test?
• It is a simple test given three months after your procedure to verify your tubes are completely blocked and you are protected from unplanned pregnancy.
• The test is performed by a doctor, usually a radiologist, and takes about 30 minutes.
• A small amount of dye will be inserted into your uterus to flow to the opening of the fallopian tubes. An x-ray will then be taken to verify that fluid cannot flow past the Essure micro-inserts—ensuring that the micro-inserts are in the correct location and that your tubes are completely blocked.

What are the risks of the Essure procedure?
• As with all procedures there are risks associated with the Essure procedure.
• Risks may include cramping/pain, nausea/vomiting, dizziness/lightheadedness, bleeding/spotting.
• A complete list of considerations and risks can be found on the Essure website, essure.com.