

# Facts About **Essure (Sterilization for Women)**

## ***What is Essure?***

Essure is a permanent method (not reversible) of birth control for women who know they don't want to have any more children.

A trained provider will insert a small, flexible coil into each fallopian tube (the tube that carries egg from ovary to uterus) that will cause the tubes to close forever. The inserts do not contain or release any type of hormones. Over a period of about 3 months, tissue forms around the inserts. This buildup of tissue causes the tubes to close which prevents the male sperm from reaching an egg from your ovaries. The procedure does not require any incisions or general anesthesia.

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

It is over 99% effective at preventing pregnancy.

It takes about three months for this method to work. You will need to use a back up form of birth control (like the condom or the Depo-Provera shot) until you have a special type of x-ray test to confirm the tubes are closed. Once your doctor has determined your tubes are closed, you do not have to use another type of birth control when you have sex.

## ***Why is Essure a good choice for me?***

- You are certain you do not want any more children
- You want a permanent form of birth control
- You do not want to take any hormonal birth control
- It has no effect on a woman's natural hormones
- You can go home after the procedure and return to normal activity within one to two days
- It does not affect your ability to breastfeed your baby
- It should not have any effect on your sexual desire because no female organs are removed and does not change how your body makes female hormones

## ***Essure is NOT right for you if:***

- You are not sure whether you want more children
- You think you are pregnant
- You are not willing to use another type of birth control during the three months after Essure is inserted
- You have only one fallopian tube
- You have one or both fallopian tubes closed or blocked
- You have had your "tubes tied" (tubal ligation)
- You are allergic to contrast dye used during x-ray exams
- You are unwilling to undergo the HSG (Essure Confirmation Test)

## **You should put off having the Essure procedure if:**

- You are or have been pregnant within the past 6 weeks
- You have had a recent pelvic infection
- You are in weeks 3 and 4 of your menstrual cycle
- You are taking or receiving therapy that suppresses your immune system (ex. Chemotherapy, corticosteroids or prednisone)

## **Will I have any problems with Essure?**

- The Essure inserts are made of materials that include a nickel-titanium alloy. Patients who are allergic to nickel may have an allergic reaction (rash, itching and hives) to the inserts.
- Some women have mild to moderate bleeding and cramping after the procedure. You should contact your doctor or clinic if you notice unusual pain, bleeding, fever or other problems after the procedure.
- Although it is rare, it may take longer than 3 months for the procedure to work.

## **Will I still have my monthly cycle (period)?**

Yes. Even though you cannot get pregnant, you will still have a monthly period.

## **When can I get Essure?**

For Medicaid or other federal programs to pay for Essure, you must be 21 years of age, have signed a consent form giving permission 30 days before the procedure, and meet one of Medicaid's criteria. Once you have signed the papers, you can change your mind any time before the procedure.

### **REMEMBER:**

- Essure does not protect you from STIs (sexually transmitted infections) or HIV (human immunodeficiency virus) you can get when you have sex. To protect yourself, use a latex or vinyl condom every time you have oral, vaginal or anal sex.
- After your Essure procedure, you will get an Essure ID card. The ID card tells other healthcare providers that you have Essure inserts. Show the card when you have any procedure on your uterus or fallopian tubes. The procedures include an MRI, D&C, hysteroscopy, endometrial biopsy or endometrial ablation.