

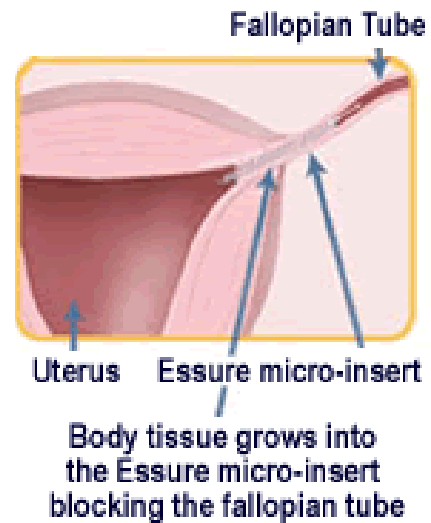
**What is Essure?**

Essure is a permanent birth control procedure that works with your body to create a natural barrier against pregnancy. It is a type of tubal ligation, meaning that it is NOT reversible. You need to be sure you do not want any children in the future.

**How does it work?**

Unlike other permanent birth control, the Essure procedure does not require cutting into the body to “tie” the fallopian tubes. Instead, your doctor places flexible inserts through the body’s natural pathways (vagina, cervix, and uterus) and into your fallopian tubes. There are no hormones and Essure will NOT interfere with your natural menstrual periods.

To use Essure, a health care provider puts a tiny insert called a micro-insert coil into each of the fallopian tubes. Once in place, the inserts cause natural tissue to grow, blocking the tubes. This may be done in the office or in the operating room. You may be offered other medication to help you relax and reduce your discomfort. Some women report mild to moderate pain while the inserts are being placed if it is done in the office. A small, tube-like instrument with a camera, called a hysteroscope, is inserted into the vagina and through the cervix. The inserts are placed in the opening of the tubes.



Unlike a tubal ligation, Essure is not effective right away. You must use a backup method of birth control for three months after the procedure. Three months after insertion, a special x-ray (HSG) is performed to make sure the tubes are fully blocked.

**What are the Pros and Cons of Essure?**

<b>Pros</b>	<b>Cons</b>
Very effective – 99.5% effectiveness	Requires a procedure and sometimes anesthesia
No surgery or scars; easy recovery	Not effective right away – you need an x-ray 3 months later and another form of birth control for those 3 months

**What are the risks with Essure?**

- Small possibility of inserts not being able to be placed, and the need for a follow up procedure (HSG)

- Rarely, the uterus may be injured during the procedure, and may require surgery
- Infections or heavy bleeding are uncommon

**How much does it cost?**

Essure can cost several hundred dollars, but is covered by most insurance providers.

For more information, please visit:

[www.bedsider.org](http://www.bedsider.org)

[www.essure.com](http://www.essure.com)

<http://www.plannedparenthood.org/health-topics/birth-control/sterilization-women-4248.htm>