

All About Sterilization: Essure®

Essure is a permanent method of birth control.

Essure® is made of small, flexible metal coils that are placed in a woman's tubes. The coils cause your body to grow tissue that blocks the tubes. Sperm cannot get past the tissue and cannot get to the woman's egg.

How do I get Essure®?

You will first need to get special counseling about this method. You must sign papers ahead of time saying you want this method because you do not want children in the future.

After a waiting period, you must go to a provider who is specially trained to place the coils in your tubes. It will take about a half-hour to put in the coils.

When does Essure® start working?

It takes about 3 months for the tubes to become blocked.

A special x-ray is done by a radiologist to make sure the tubes are completely blocked. Until your provider is sure the tubes are blocked, you must use another form of birth control.

How well does Essure® work?

Essure® works very well to prevent pregnancy. Less than one woman out of 100 will get pregnant.

What do some women like about using it?

- ◆ Once the test shows the tubes are blocked, no other birth control method is needed to prevent pregnancy.
- ◆ You don't need surgery to have the coils put in.
- ◆ You can go back to your normal routine the next day.

What do some women dislike about Essure®?

- ◆ It takes at least 3 months before it starts working.
- ◆ Once the coils are put in, you cannot change your mind. It cannot be reversed.

How are the coils put in?

- ◆ The provider will put an instrument with a tiny camera into your vagina and up through your cervix and into your uterus.
- ◆ Then the provider will put one coil into each tube.

You may feel some cramping.

Make sure your tubes are blocked.

Once the coils are in place:

- ◆ Your body will start to grow tissue that will block the tubes.
- ◆ You must use another method of birth control until your provider says your tubes are completely blocked.

After 3 months:

- ◆ Your provider will order a special test to make sure you cannot get pregnant.
- ◆ During this test, a radiologist will put some liquid dye through a plastic tube into your uterus.
- ◆ He or she will then take an x-ray to see if your tubes are blocked.

What about side effects?

Most women do not have any side effects. Some women have pain or discomfort while the provider puts the coils in.

Are there any problems after the coils are put in?

There are no known major health problems from using the coils.

Most women don't have any problems after the coils are put in. A few women may have these problems:

- ◆ They may have pain, cramping, or nausea on the day it is done.
- ◆ The provider may not be able to put the coils into the tubes.
- ◆ The tubes may not be blocked after 3 months.
- ◆ Very rarely, a coil may not stay in place.

Essure® may not be right for some women.

Talk to your Family PACT provider about any concerns or health problems you may have. For example:

- ◆ You might want to have children in the future.
- ◆ You have or have had a pelvic infection (called PID) in the last few months.
- ◆ You are sensitive or allergic to nickel.
- ◆ You are sensitive or allergic to shellfish, iodine, or contrast fluid.
- ◆ You have had a tubal ligation in the past.

Essure® will not protect you from HIV (the virus that causes AIDS) or other infections people get from having sex.

If you have a new sex partner or you think that your partner has other partners, use condoms (for men or women) when you have sex to help protect yourself from these infections.