

Common Patient Q&A's

What is Essure?

Essure is a nonincisional procedure for permanent birth control that is the first alternative to incisional tubal ligation for women in the United States. The Essure procedure does not require cutting or penetration of the abdomen and can be performed without general anesthesia.

What are the benefits?

Two separate studies of the safety and effectiveness of Essure have been conducted in more than 700 women from the USA, Australia and Europe. The following has been demonstrated in these trials:

- No incisions are required
- It can be performed without general anesthetic
- Rapid recovery - average post operative recovery time is 45 minutes
- It does not contain hormones
- Essure is 99.8% effective after two years of follow-up



How is the procedure done?

A small, flexible device called a micro-insert is placed into each fallopian tube, which usually takes about 15 minutes (total procedure time is about 35 minutes). Women are typically discharged from the medical facility approximately 45 minutes after the procedure.

After 12 weeks, tissue ingrowth in the micro-insert results in tubal occlusion

How does it work?

Once in place, over a 3-month period, body tissue grows into the micro-inserts, blocking the fallopian tubes to prevent sperm from fertilizing the egg, thereby preventing pregnancy.

What are the micro-inserts made from?

They are made from proven surgical materials that have been well studied and used successfully in long-term medical procedures such as heart and other surgeries.

Is it new?

No. Essure has been widely available to women in Australia and Europe since early 2001. It was approved by the United States Food and Drug Administration in November 2002.

It is covered by health insurance?

Essure is covered by some health insurance companies. It's recommended that you first check with your physician and insurance company if you decide to proceed with the procedure. The cost should be the same as a tubal ligation with insurance.

What are the risks and considerations?

As with all medical procedures, there are risks that you should discuss with the physician. Important considerations include:

- Essure should be considered irreversible.
- Like all methods of birth control, it should not be considered 100% effective.
- Not all women who undergo the Essure placement procedure will achieve successful placement of both micro-inserts.
- You must use another method of birth control for at least 3 months after the procedure.
- Essure is newer than other procedures. Removal of the Essure micro-inserts requires surgery.



The Essure micro-insert is a dynamically expanding device that consists of a stainless steel inner coil, an outer coil made from Nitinol, and polyethylene terephthalate (PET) fibers.