



**GyneMedic**  
Obstetrics & Gynecology

## The Essure Procedure

Essure is a permanent birth control procedure that works with your body to create a natural barrier to prevent pregnancy. The Essure procedure offers women benefits that no other permanent birth control can.

During the procedure, which takes less than 10 minutes, the doctor slides the small, soft inserts through the natural pathways of your vagina and cervix into your fallopian tubes, so no surgery or incision is required. The very tip of each insert remains visible to your doctor, providing immediate confirmation of proper placement. The flexible Essure inserts are made out of the same trusted, silicone-free material used in heart stents, so they bend and conform to the shape of your fallopian tubes while remaining securely in place.

Over the next three months, your body works with the Essure inserts to form a natural barrier within each of your fallopian tubes. These barriers prevent sperm from reaching the eggs so that pregnancy cannot occur. During this three-month timeframe, you must continue to use another form of birth control.

After three months, it's time for your Essure Confirmation Test. During this simple test, a special dye is introduced into your uterus and viewed on an x-ray, so your doctor can confirm that your fallopian tubes are completely blocked and the inserts are in place. Once you receive this verification, you can rely on Essure for permanent birth control.

Like all permanent birth control procedures, including tubal ligation and vasectomy, the Essure procedure should not be considered reversible, so you should be sure you do not want to get pregnant in the future.

Essure is covered by most insurance providers, and if the Essure procedure is performed in our office, payment may be as low as your co-pay, depending on your insurance plan.