

## Permanent Birth Control With No Incision

By Kathleen Shimp, M.D.

**Q:** *My husband and I do not wish to have any more children. Are there any new options for us?*

A: Yes, there are. Essure tubal ligation is a new option for those women who are tired of remembering to take that little pill every day or who don't have the time to have an operation that will put you out of work (and out of your life) for two to three days.

Traditional tubal ligation procedures involve an outpatient surgery with general anesthesia and a couple of small incisions in the abdomen. The recovery time to return to normal activities typically is several days to one week. Essure is a procedure where the tubes are blocked from inside your uterus without any abdominal incisions. While it can be done in the operating room with general anesthesia, you also may choose to have it done in your doctor's office, while awake.

**Q.** What happens during the Essure procedure?

A: Your doctor will go in through your vagina and dilate (open) your cervix enough to allow him or her to pass a small camera, called a hysteroscope, into your uterus. Once inside the uterus, the doctor can see the openings of your fallopian tubes. The doctor will then pass a small coil into each of the tubes while watching with the camera. During the next three months, your body will scar down your tubes around the coils, blocking them. After three months, your doctor will do an x-ray procedure to make sure that your tubes are completely blocked.

**Q:** Are there any risks with the Essure procedure?

A: As with all surgical procedures, the Essure procedure does carry some risk and there are some patients who cannot have the procedure. Be sure to talk with your doctor about the risks before proceeding. For more information about Essure tubal ligation, visit [www.essure.com](http://www.essure.com) or speak with your doctor.

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