

Common Patient Q&As

What is the Essure procedure?

The Essure procedure is a permanent birth control procedure that offers women protection from pregnancy without cutting, burning or the risks associated with anesthesia or tubal ligation.

What are the benefits?

- No cutting or burning
- No going under general anesthesia
- No slowing down to recover
- No hormones
- No guessing – a confirmation test provides peace of mind
- Short procedure time – Essure takes only about 13 minutes to perform*
- Trusted by women and doctors for over 5 years with more than a quarter million women receiving Essure for permanent birth control

How is the procedure done?

Soft, flexible micro-inserts are placed in the fallopian tubes. No incision is needed because these tiny inserts are delivered through the vagina and cervix. This usually takes just minutes.

How does it work?

Over the course of the next three months, your body will work with the micro-insert to form a natural barrier that prevents sperm from reaching the egg.

How long does it take to recover from the Essure procedure?

Most women resume their normal activities within one day. Some women may experience cramping, similar to a normal menstrual period, for a day or two.

What are the micro-inserts made from?

The micro-inserts are made from the same safe materials that have been studied and used successfully in medical procedures such as heart and other surgeries for decades.

Is the Essure procedure new?

No. The Essure procedure was approved by the FDA in 2002 and more than 250,000 women have had the Essure procedure worldwide.

It is covered by health insurance?

The Essure procedure is covered by most health insurance plans and the cost may be as low as an office co-pay. To check your coverage, call your insurance company's customer service or benefits phone number (listed on your health insurance card) and ask for your plan's specific coverage and payment guidelines for Hysteroscopic Sterilization - code 58565. You will need to specify where you plan to have the procedure (physician's office, Hospital Outpatient or Ambulatory Service Center), because this may make a difference in the amount of reimbursement.

What are the important considerations?

- The Essure procedure is not reversible
- Like all methods of birth control, the Essure micro-inserts should not be considered 100% effective
- Patients must continue to use another form of birth control for at least 3 months after the procedure

* Average hysteroscope time

