

In-Office Permanent Sterilization

by Pat Conner, MD

Currently, there are two devices which have been approved by the U.S. Food and Drug Administration for hysteroscopic tubal sterilization. The ESSURE (microinsert system) was approved by the FDA in 2002; the ADIANA (bipolar radiofrequency and silicone insert) system was approved in July, 2009. As minimally invasive methods, they can be performed without general anesthesia and in many cases throughout the country, they are performed safely in physician offices, allowing the patient to return to work and all other activities the following day.

In the Essure procedure, a very lightweight microinsert made of a nickel titanium outer coil and a stainless steel inner coil wrapped in a thin synthetic fiber is placed in the proximal portion of the fallopian tube using hysteroscopic guidance. The fallopian tube responds with fibrotic growth around the synthetic fiber culminating in tubal occlusion.

During the Adiana procedure, a delivery catheter is placed within the proximal fallopian tube. Radiofrequency energy is delivered to the inner lining of the tube, creating a superficial lesion or irritation. A silicone matrix approximately the size of a rice kernel is then deployed into the tubal lumen at the site of irritation. Thereafter, tissue ingrowth along the insert causes tubal occlusion.

Both procedures can safely be performed in an office setting using either a local anesthetic or, if preferred, an intravenous anesthetic provided by an anesthesiologist. Both procedures provide comparable success rates in preventing pregnancy (>99%). It is important to remember that an alternative form of birth control must be used for at least 3 months after the hysteroscopic sterilization procedure is performed. A follow up X-ray demonstrating bilateral tubal occlusion is necessary before relying on the procedure completely.

This is a PERMANENT form of contraception. Therefore, if you have even the slightest consideration of becoming pregnant in the future, do NOT undergo this procedure.

For further information regarding these convenient and very effective methods of contraception, speak with your Ob/Gyn healthcare provider.

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