

In-Office Permanent Sterilization

by Pat Conner, MD

Essure has been approved by the U.S. Food and Drug Administration for hysteroscopic tubal sterilization. The ESSURE (micro insert system) was approved by the FDA in 2002. As minimally invasive methods, Essure can be performed without general anesthesia and in many cases throughout the country. It is 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 micro insert 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.

This procedure can safely be performed in an office setting using either a local anesthetic or, if preferred, an intravenous anesthetic provided by an anesthesiologist. It provides 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.

Authored – Pat Conner, MD