



Is Adiana Permanent Contraception Right For Me?

Talking to your doctor is the best way to find out whether you may be a good candidate for Adiana Permanent Contraception. Here's how to help both you and your doctor make the most out of the conversation:

Do your homework.

Before you go in for your appointment, read about temporary and permanent birth control options in the patient information booklet available at Adiana.com. You may also want to talk to your partner about the option of permanent contraception.

Fill out this checklist before you go.

To help your doctor determine if you may be a good candidate for Adiana Permanent Contraception, check off any of the following statements that apply to you. Take this list with you to your next appointment:

- I am certain that I do not want any children in the future
- I want a permanent method of birth control
- I am tired of the risks and hassles of temporary birth control
- I want to enjoy intimacy in the future without worrying about getting pregnant
- I am concerned about the long-term use of hormones for birth control
- I am still waiting for my partner to get a vasectomy
- I would like to consider treatment for heavy menstrual bleeding
- I want a procedure that can be done in my doctor's office
- I have an allergy to certain metals
- I want a procedure that does not limit my options for future GYN procedures

Know what to ask when you get there.

Questions to ask your doctor about Adiana:

- Is Adiana Permanent Contraception a good choice for me?
- Will my insurance cover the Adiana procedure?
- When will my Adiana procedure be performed?
- Where will I have the procedure performed?
- What do I need to do to prepare for the procedure?
- What type of anesthetic will be used during the procedure?
- What can I expect after the procedure?
- When will you make my appointment for my HSG confirmation test?

Notes and other questions
