



## Understanding Your Options

### Permanent and Temporary Contraception Methods

When considering a procedure like Adiana Permanent Contraception, it is important for you to understand and consider all of the available permanent and temporary contraception options. Please carefully review the options listed below and discuss these options with your doctor to help you determine if the Adiana procedure is the right choice for you.

#### Permanent Contraception Methods

**Adiana Permanent Contraception:** A minimally invasive procedure that provides protection from pregnancy. It works by stimulating your body's own tissue to grow in and around tiny, soft inserts that are placed inside your fallopian tubes.

| Benefits/Advantages   | Risks/Disadvantages  | Failure Rate      |
|---|--|-------------------|
| <ul style="list-style-type: none"> <li>One-time, permanent procedure</li> <li>Procedure makes no cuts through the skin, leaves no scars</li> <li>General anesthesia not required</li> <li>Most women return to their normal activities within a day</li> <li>Does not involve hormones</li> </ul> | <ul style="list-style-type: none"> <li>Post surgical pain/discomfort, risk of infection</li> <li>Not all women are candidates for the Adiana procedure</li> <li>Some risk of ectopic pregnancy</li> <li>No protection from STDs</li> <li>Risks associated with anesthesia</li> </ul> | 1.1% <sup>1</sup> |

**Tubal ligation:** A surgical procedure that cuts through the abdomen to reach the fallopian tubes, which are then sealed off to prevent pregnancy. Also known as "having your tubes tied" or "female sterilization".

| Benefits/Advantages  | Risks/Disadvantages  | Failure Rate      |
|--|--|-------------------|
| <ul style="list-style-type: none"> <li>One-time, permanent procedure</li> <li>No need for temporary birth control afterwards</li> <li>Does not involve hormones</li> </ul> | <ul style="list-style-type: none"> <li>Post-surgical pain/discomfort, risk of infection</li> <li>Risks associated with general anesthesia</li> <li>Recovery time</li> <li>Some risk of ectopic pregnancy</li> <li>No protection from STDs</li> </ul> | 0.5% <sup>2</sup> |

**Vasectomy:** A surgical procedure for men where an incision is made into the scrotum, and then the tube that carries sperm out of the testes is sealed or blocked. Afterwards, a man can still achieve orgasm and ejaculate, but there is no sperm in the fluid, so it cannot fertilize a woman's egg.

| Benefits/Advantages  | Risks/Disadvantages   | Failure Rate       |
|--|---|--------------------|
| <ul style="list-style-type: none"> <li>One-time, permanent procedure</li> <li>Does not involve hormones</li> </ul> | <ul style="list-style-type: none"> <li>Post-surgical pain/discomfort, bleeding, risk of infection</li> <li>No protection from STDs</li> </ul> | 0.15% <sup>2</sup> |

## Temporary Contraception Methods

**Oral Contraceptives (Birth control pills):** Daily pill that either contains the hormones estrogen and progestin, or progestin only.

| Benefits/Advantages   | Risks/Disadvantages   | Failure Rate    |
|---|---|-----------------|
| <ul style="list-style-type: none"> <li>More predictable menstrual cycle</li> <li>May reduce menstrual bleeding in some women</li> </ul> | <ul style="list-style-type: none"> <li>Hormone side effects may include abdominal pain, acne, back pain, weight gain, breast tenderness, moodiness</li> <li>Increased risk of blood clots, heart attack and stroke. Risks are increased in women over age 35 who smoke</li> <li>Must be taken every day at a certain time</li> <li>No protection from STDs</li> </ul> | 8% <sup>2</sup> |

**Copper IUD:** T-shaped copper device that is inserted into the uterus by a healthcare professional.

| Benefits/Advantages  | Risks/Disadvantages   | Failure Rate      |
|--|---|-------------------|
| <ul style="list-style-type: none"> <li>Long-term protection from pregnancy (up to 10 years, depending on type)</li> <li>Reversible at any time by removing</li> <li>No hormones</li> </ul> | <ul style="list-style-type: none"> <li>Risk of heavier/longer menstrual bleeding, cramps</li> <li>Risk of pelvic inflammatory disease</li> <li>Increased risk of ectopic pregnancy</li> <li>Risk of expulsion (the device becoming dislodged)</li> <li>No protection from STDs</li> </ul> | 0.8% <sup>2</sup> |

**IUC (LNG-IUS Mirena™):** T-shaped plastic device inserted into the uterus that releases the hormone progestin. Inserted by a healthcare professional. For use in women who have had a baby.

| Benefits/Advantages   | Risks/Disadvantages  | Failure Rate      |
|---|--|-------------------|
| <ul style="list-style-type: none"> <li>Long-term protection from pregnancy (up to 5 years)</li> <li>Reversible at any time by removing</li> <li>Hormones delivered locally, not systemically</li> <li>May result in lighter menstrual bleeding</li> </ul> | <ul style="list-style-type: none"> <li>Hormone side effects may include abdominal pain, acne, back pain, breast tenderness, moodiness</li> <li>Risk of irregular menstrual bleeding</li> <li>Risk of spotting between periods</li> <li>Higher risk of ectopic pregnancy</li> <li>Risk of expulsion (the device becoming dislodged)</li> <li>No protection from STDs</li> </ul> | 0.2% <sup>2</sup> |

**Patch (OrthoEvra™):** Skin patch that releases the hormones estrogen and progesterone. A new patch is applied once a week for 3 consecutive weeks, and left off for one week per month.

| Benefits/Advantages   | Risks/Disadvantages   | Failure Rate  |
|---|---|---|
| <ul style="list-style-type: none"> <li>Convenience</li> <li>Applied only once a week</li> </ul> | <ul style="list-style-type: none"> <li>Visibility</li> <li>May fall off, increasing risk of pregnancy</li> <li>Forgetting to change patch on correct day requires use of backup contraception</li> <li>Side effects may include nausea, skin irritation, breast tenderness, and mood swings</li> <li>Increased risk of blood clots, heart attack and stroke. Risks are increased in women over age 35 who smoke</li> <li>No protection from STDs</li> </ul> | 8% <sup>2</sup><br>(less effective in women who weigh more than 198 pounds) |

**Implant (Implanon™):** A small, thin rod that releases the hormone progestin. It is inserted just under the skin on the upper arm by a healthcare professional and left in place for up to 3 years.

| Benefits/Advantages   | Risks/Disadvantages   | Failure Rate   |
|---|---|--|
| <ul style="list-style-type: none"> <li>Long-term protection from pregnancy (up to 3 years)</li> <li>Reversible at any time by removing</li> </ul> | <ul style="list-style-type: none"> <li>Side effects may include irregular periods, weight gain, acne, headaches</li> <li>No protection from STDs</li> </ul> | 0.05% <sup>2</sup><br>(May be less effective in women who are very overweight) |

**Vaginal Ring (NuvaRing™):** A flexible plastic ring inserted into the vagina once a month, slowly releasing the hormones estrogen and progestin.

| Benefits/Advantages        | Risks/Disadvantages  | Failure Rate    |
|----------------------------|--|-----------------|
| Inserted only once a month | Side effects of ring may include vaginal infections, irritation<br>Hormone side effects may include abdominal pain, acne, back pain, breast tenderness, moodiness<br>Increased risk of blood clots, heart attack and stroke. Risks are increased in women over age 35 who smoke<br>Risk of ring falling out. If it remains out for more than 3 hours, must use backup contraception<br>No protection from STDs | 8% <sup>2</sup> |

**Hormone shot (Depo-Provera™ injection):** An injection of the hormone progestin given every 3 months.

| Benefits/Advantages  | Risks/Disadvantages   | Failure Rate    |
|--|---|-----------------|
| Only needed once every 3 months<br>May lessen menstrual bleeding | Hormone side effects may include irregular periods, spotting, weight gain, breast tenderness, headaches<br>Prolonged use may result in bone loss—therefore not recommended for use for more than 2 years<br>Possible delayed return to fertility after stopping the injections<br>No protection from STDs | 3% <sup>2</sup> |

**Male condom (latex):** Disposable latex sheath placed on penis.

| Benefits/Advantages                      | Risks/Disadvantages  | Failure Rate     |
|--|--|------------------|
| Best protection from STDs<br>No hormones | May break<br>Can only be used once<br>Risk of allergic reactions | 15% <sup>2</sup> |

**Female condom:** Similar to a male condom, inserted into vagina with a flexible ring at the closed top.

| Benefits/Advantages                      | Risks/Disadvantages   | Failure Rate     |
|--|---|------------------|
| Some protection from STDs<br>No hormones | Can only be used once<br>Risk of allergic reactions<br>May extend outside of vagina | 21% <sup>2</sup> |

**Diaphragm w/ spermicide:** Flexible, dome-shaped rubber disk used to cover the cervix each time a woman has intercourse. Spermicide is applied before insertion into the vagina. Must be fitted by a healthcare professional.

| Benefits/Advantages | Risks/Disadvantages   | Failure Rate     |
|---------------------|---|------------------|
| No hormones         | Must be inserted correctly<br>Must be left in place at least 6 hours after intercourse<br>Additional spermicide must be used for repeated intercourse<br>Risk of toxic shock syndrome if not removed within 24 hours<br>No protection from STDs | 16% <sup>2</sup> |

**Spermicide alone:** A foam, cream, jelly, suppository, or film that contains nonoxynol-9, an ingredient that kills sperm.

| Benefits/Advantages   | Risks/Disadvantages  | Failure Rate     |
|-----------------------|--|------------------|
| Only used when needed | Less effective<br>May cause irritation, allergic reactions, or urinary tract infections<br>No protection from STDs | 29% <sup>2</sup> |

<sup>1</sup> 1-year pregnancy rate based on Adiana pivotal clinical trial data

<sup>2</sup> 1-year, typical use pregnancy rates (Adapted from: Trussell J. Contraceptive efficacy. In Hatcher RA, Trussell J, Nelson AL, Cates W, Stewart FH, Kowal D. Contraceptive Technology: Nineteenth Revised Edition. New York NY: Ardent Media, 2007.)