



Understanding Your Options Permanent Contraception Methods

When considering a permanent procedure like Adiana Permanent Contraception, it is important for you to understand and consider all the other permanent options available to you. 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"> One-time, permanent procedure Procedure makes no cuts through the skin, leaves no scars General anesthesia not required Most women return to their normal activities within a day Does not involve hormones 	<ul style="list-style-type: none"> Post surgical pain/discomfort, risk of infection Not all women are candidates for the Adiana procedure Some risk of ectopic pregnancy No protection from STDs Risks associated with anesthesia 	1.1% ¹

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

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

¹ 1-year pregnancy rate based on Adiana pivotal clinical trial data

² 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.)