



## 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](http://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 does not limit my options for future gynaecological tests or 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?
- Where can I have the procedure performed?
- When will my Adiana procedure be performed?
- What do I need to do to prepare for the procedure?
- What type of anaesthetic will be used during the procedure?
- What can I expect after the procedure?
- Who should I speak to about scheduling my HSG confirmation test?

### Notes and other questions

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