

*Adiana*  
Permanent Contraception

## Adiana HSG Confirmation Test



Safe. Simple. Forever. Adiana.

**HOLOGIC**<sup>™</sup>  
The Women's Health Company.

**You must use some form of temporary birth control**

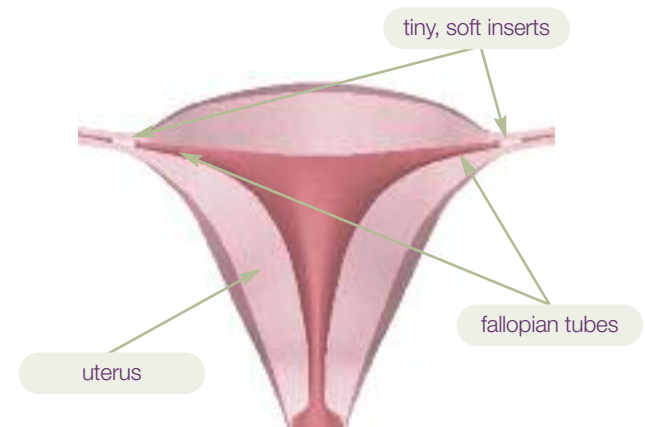
*(such as condoms, a diaphragm, or birth control pills)*

**for the 3 months following the Adiana® procedure, until the Adiana HSG Test (a special type of x-ray) confirms that your fallopian tubes are completely blocked.**



**Why do I need to have the Adiana HSG?**

Over the 3 months following the Adiana procedure, new tissue grows in and around the Adiana inserts, eventually blocking your fallopian tubes. You cannot rely on the Adiana inserts for birth control until the Adiana HSG confirms that your tubes are completely blocked. You must use an alternate form of birth control until then.



## The Adiana HSG Confirmation Test

You've chosen Adiana Permanent Contraception for the convenience of permanent birth control — without hormones or surgery. The Adiana HSG (which stands for hysterosalpingogram) Test, is an integral part of the Adiana procedure that is performed 3 months following the placement of the Adiana inserts. This test gives you the peace of mind that you can rely on Adiana for birth control.

**What is the Adiana® HSG?**

The Adiana HSG is a special x-ray exam. It is performed 3 months after the Adiana procedure to make sure that the inserts are correctly placed and that your fallopian tubes are completely blocked.

There is a very small chance that your tubes may not be completely blocked after 3 months. The Adiana HSG is the only way to find out for sure. If this happens, you would need to keep using an alternate form of birth control for another 3 months, and then have a repeat Adiana HSG.

**Why do I still need to use temporary birth control for 3 months following the Adiana procedure?**

The Adiana inserts do not block your fallopian tubes right away. You must wait 3 months for new tissue to have a chance to grow in and around the inserts and completely block your tubes. During this time, it is still possible to become pregnant.

### What happens during the Adiana HSG?

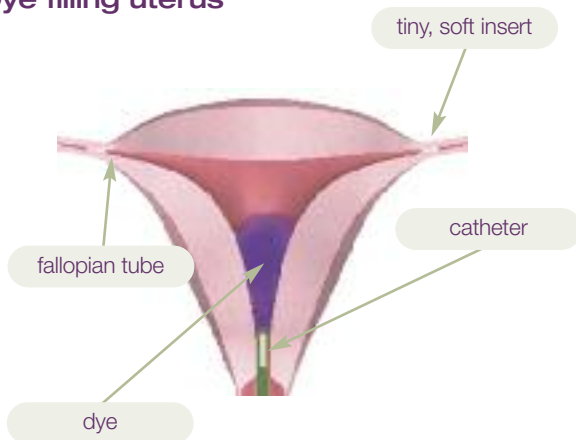
- Your doctor may prescribe prophylactic antibiotics prior to your HSG to limit potential infection.
- Your doctor will have you lie down on the exam table, and will insert a speculum into your vagina, just like when you have a smear test.
- A slender, flexible instrument called a catheter will be inserted through the vagina and cervix and into your uterus. Then the speculum will be removed.
- Your doctor will fill your uterus with a small amount of dye (called a contrast fluid) by flowing it through the catheter. You may feel some gentle pressure or mild cramping similar to menstrual cramps.
- Several x-ray images will be taken of your uterus and fallopian tubes. Your doctor can tell if your tubes are completely blocked if the dye does not go past the inserts.

- After the test, you should be able to leave the hospital and return to your regular activities within approximately a day or two. Most women do not feel any discomfort afterwards, but you may continue to feel some mild pressure or cramping for up to 30 minutes or more. You may also have some sticky discharge or light spotting from the contrast fluid (be sure to use a pad for protection. Do not use a tampon as this may cause a slight risk of infection.)
- Call your doctor if you have cramping that lasts more than 24 hours, or if you develop a fever afterwards.

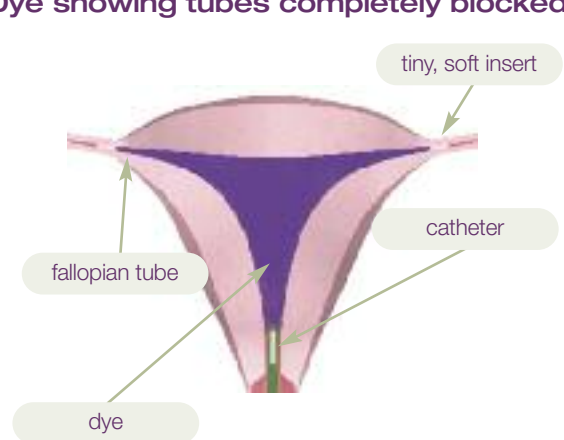
### Is it true that the Adiana HSG can be painful?

The HSG test used after the Adiana procedure is performed differently from an HSG used to diagnose and treat infertility. If you have undergone an HSG for infertility in the past and experienced discomfort, it does not necessarily mean that you will experience discomfort with the Adiana HSG. The Adiana HSG may not require as much pressure or fluid – check with your doctor for more information. Your doctor may advise you to take some over-the-counter pain medicine 30 minutes before the test to help minimise cramping.

#### Dye filling uterus



#### Dye showing tubes completely blocked





**Does the Adiana HSG have risks that I should know about?**

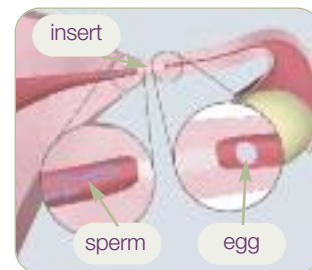
There are certain risks associated with the Adiana HSG. These may include:

- Infection
- Spotting
- Allergic reaction to the dye (contrast fluid)
- Exposure to low levels of radiation from the x-ray

**Please ask your doctor about these and other risks associated with the Adiana HSG.**

**Consider yourself free!**

After your Adiana HSG is completed and your doctor has confirmed that your tubes are completely blocked, your eggs can no longer become fertilised. You can then rely on Adiana Permanent Contraception for pregnancy prevention\*.





**My Adiana HSG test appointment:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM  
PM

Doctor's Name: \_\_\_\_\_

Location: \_\_\_\_\_

Phone: \_\_\_\_\_

**[www.adiana.co.uk](http://www.adiana.co.uk)**

\* Adiana Permanent Contraception does not provide protection from sexually transmitted diseases. Other than abstinence, latex condoms offer the most effective protection from sexually transmitted diseases, including HIV (the virus that causes AIDS).

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