

# a woman's idea of permanent contraception


You know you're done with childbearing. You also know  
the form of permanent contraception you want —  
no hormones and no surgery.



Safe. Simple. Forever. Adiana.

*Adiana*<sup>®</sup>  
Permanent Contraception

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

A photograph of a woman with blonde hair, wearing a white sweater, smiling and embracing a man from behind. They are lying in bed with white linens. The man's head is in the foreground, and the woman's face is in the upper right corner.

**With Adiana® Permanent Contraception, you'll never have to worry about contraception again.**

Adiana® Permanent Contraception is a safe, simple, minimally invasive procedure that permanently prevents 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.

**Why choose Adiana Permanent Contraception?**

- It's permanent
- It's safe
- It's effective
- It uses no hormones or drugs
- It requires no incisions
- It's a simple procedure with a quick recovery
- It leaves nothing in the uterus that might limit future gynaecologic tests or procedures

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## **Is Adiana® Permanent Contraception right for me?**

You'll need to talk to your doctor to find out for sure. To get started, read the following statements, and check all that apply to you:

- I want permanent contraception without the risks of a surgical procedure
- I want to enjoy intimacy without worrying about getting pregnant in the future
- I'm concerned about the long-term use of hormones for contraception
- I want a procedure that does not limit my options for future gynaecologic tests or procedures

If you are certain you do not want children in the future and have checked any of the statements above, you should talk to your doctor about Adiana® Permanent Contraception.

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## The Adiana® procedure is safe, simple and effective.

The Adiana® procedure does not cut through the skin and may be performed with local or general anaesthesia.

The entire procedure typically takes approximately 12 minutes. Most women in the clinical trial reported little or no pain, and returned to their regular activities within approximately a day or two.\*

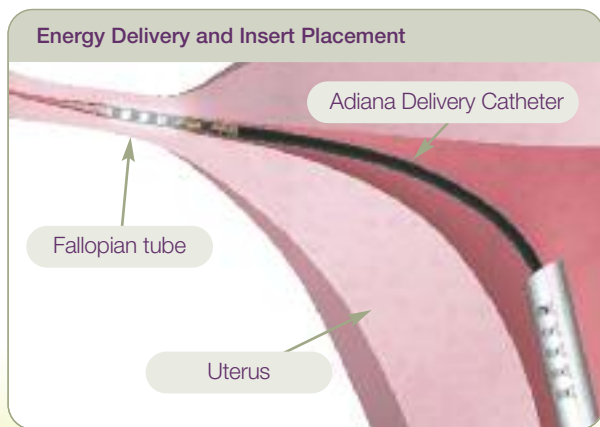
Once your tubes are completely blocked, Adiana Permanent Contraception is comparable to tubal ligation,<sup>1</sup> in preventing pregnancy.

\* Based on clinical data from the Evaluation of the Adiana System for Transcervical Sterilization (EASE) clinical study.

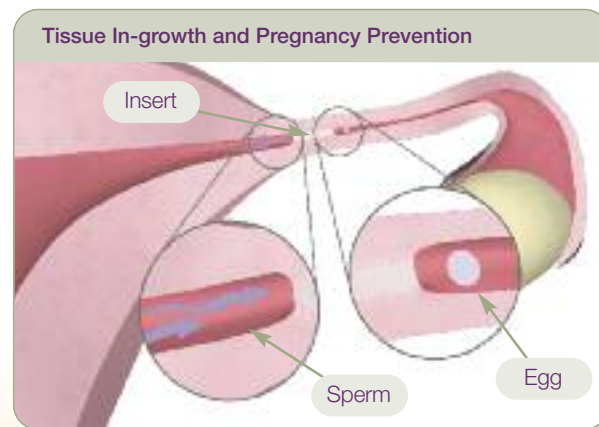
## How does Adiana® Permanent Contraception work?

Adiana® Permanent Contraception works by stimulating your body's own tissue to grow in and around tiny, soft inserts that are placed inside your fallopian tubes.

After the Adiana procedure, new tissue will grow in and around the Adiana inserts. After 3 months, a special x-ray test called the Adiana HSG (hysterosalpingogram) Test is performed to confirm your tubes are completely blocked. You must use an alternate form of contraception during these 3 months. Once your tubes are completely blocked, sperm can no longer reach the eggs released by your ovaries and you can rely on Adiana for contraception.†



A slender, flexible instrument is passed through the body's natural openings to deliver a small amount of energy to a small section of each fallopian tube. A tiny, soft insert is placed in each of your fallopian tubes, right where the energy was applied.



Over the next 3 months, your body's own tissue grows in and around the Adiana inserts. This completely and permanently blocks the fallopian tubes.

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The tiny, soft Adiana insert measures 3.5mm in length, about the size of a grain of rice

## What are the benefits of Adiana® Permanent Contraception?

### It's permanent.

Once your doctor confirms that your fallopian tubes are completely blocked, you will no longer have to rely on a temporary method of contraception.†

### It's safe.

The Adiana® procedure avoids the risks and discomfort of surgical procedures like tubal ligation and vasectomy. The tiny, soft inserts are made of medical-grade silicone, a material long known to be safe in the human body.

### It's effective.

Adiana Permanent Contraception is 98.4% effective in preventing pregnancy\* once your doctor confirms that your fallopian tubes are completely blocked. No method is 100% effective.

\* Based on 3 years of clinical data from the Evaluation of the Adiana System for Transcervical Sterilization (EASE) clinical study.

## Uses no drugs or hormones.

The Adiana® inserts use no drugs or hormones that can disrupt your menstrual cycle or affect your natural body chemistry.

## Recovery is quick.

With no incisions to heal you should experience little or no discomfort and be able to return to your regular activities within approximately a day or two.

## Leaves nothing in your uterus.

The Adiana inserts are contained inside the fallopian tubes leaving nothing in your uterus that might limit your options for future gynaecologic tests or procedures.

† 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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## **Adiana® Permanent Contraception is right for many women. But *not* all.**

Before choosing this or any permanent procedure, you should carefully discuss all of your options with your doctor, including the benefits and risks of the procedure.

### **You should *not* consider Adiana Permanent Contraception if you:**

- Think there may be any chance you could want children in the future
- Have already had a tubal ligation<sup>1</sup>
- Are taking immunosuppressive medicines (any drugs that prevent or block the activity of your body's natural defenses)
- Have an allergy to contrast fluid (the fluid used in the 3-month Adiana HSG Test)
- Have something abnormal about your uterus that could prevent your doctor from performing the procedure
- Cannot have the procedure done in both fallopian tubes (even if one tube is thought to be blocked or you have only one tube)

## **As with all medical procedures, there are some risks associated with the Adiana® procedure. These include:**

- A small risk of pregnancy (including ectopic pregnancy)
- Failure to achieve correct placement of both inserts<sup>‡</sup>
- Symptoms during or immediately after the procedure, including:
  - Mild to moderate cramping
  - Vaginal spotting or bleeding
  - Pelvic or back pain
  - Nausea

For a complete list of warnings, cautions, and potential risks, please refer to the Adiana Patient Information Booklet.

<sup>1</sup> Hatcher RA, Trussell J, Nelson AL, Cates W, Stewart FH, Kowal D. Contraceptive Technology. Nineteenth Revised Edition. New York NY: Ardent Media; 2008.

<sup>‡</sup> There is a small chance that your doctor will not be able to place the Adiana inserts in one or both fallopian tubes or that one or both tubes will not be completely blocked, at which point you will be told that you cannot rely on the Adiana inserts for permanent contraception.

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To find out more about  
Adiana<sup>®</sup> Permanent Contraception:

- Talk to your doctor
- Read the Adiana Patient Information Booklet
- Visit [www.adiana.co.uk](http://www.adiana.co.uk)

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Adiana Permanent Contraception is covered under the following US patent numbers: 6,309,384; 6,712,810; 6,780,182. Other patents pending.

**This material is not to be distributed within the United States.**

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