

Frequently Asked Questions About Adiana Permanent Contraception

Here are some commonly asked questions about Adiana Permanent Contraception. You should discuss these questions with your doctor to determine if the Adiana procedure is right for you.

Q. What is Adiana Permanent Contraception?

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

Q. How does Adiana Permanent Contraception work?

Adiana Permanent Contraception stimulates your body's own tissue to grow in and around tiny, soft inserts that are placed inside your fallopian tubes. Once your tubes are completely blocked, your eggs can no longer become fertilised and you can rely on Adiana Permanent Contraception for birth control.

Q. How is Adiana Permanent Contraception different from tubal ligation?

Unlike tubal ligation, the Adiana procedure requires no incisions, or cuts into the skin. It may not require general anaesthesia. The recovery period is quicker, and most women report little or no discomfort.

Q. How effective is Adiana Permanent Contraception?

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.

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.

Q. Can the Adiana procedure be reversed if I change my mind later?

The Adiana procedure should be considered permanent and not reversible. There is no data on the safety or effectiveness of any surgical attempt to reverse the Adiana procedure.

Q. I just had a baby. How long until I can have the Adiana procedure done?

If you are absolutely certain that you do not want any more children in the future, you must wait for at least 3 months after giving birth to have the Adiana procedure performed.

Q. Are the Adiana inserts safe?

The tiny, soft inserts are made of medical-grade silicone, a material long known to be safe in the human body.

Q. Will I still ovulate after the procedure?

Yes. The Adiana procedure does not affect your ovaries, and it does not use any hormones. You will continue to ovulate and have your periods until you reach menopause, but your eggs cannot be fertilised since your fallopian tubes will be blocked. Your unfertilised eggs will break down and be absorbed by your body.

Q. How long does the Adiana procedure take?

The entire procedure usually takes approximately 12 minutes.

Q. How will I know for sure that Adiana Permanent Contraception is working?

At the end of 3 months, you will have a hysterosalpingogram (HSG) confirmation test, which is a special x-ray test. During the test, your uterus is filled with a contrast fluid, which is a dye that is visible on x-rays. Several x-rays are then taken of your uterus. Your doctor will study the images to make sure that the dye does not enter the fallopian tubes. This is how your doctor will know if your tubes are completely blocked and that the Adiana inserts are working for you.

Q. How long do I need to wait after the procedure to stop using temporary birth control?

After the Adiana procedure, it takes at least 3 months for your tubes to become fully blocked, then an HSG confirmation test is performed to confirm the procedure's success. If the test shows your tubes are fully blocked, you can start relying on Adiana Permanent Contraception for birth control right away—and you will no longer need to use any temporary birth control.

Q. Can my doctor perform the Adiana procedure?

Only specially-trained doctors can perform the Adiana procedure. To find out if your doctor has been trained to perform the Adiana procedure, call your doctor or ask at your next appointment.

Q. Were patients satisfied with the procedure?

Our clinical study has shown that 99% of women were “satisfied” or “very satisfied” with the Adiana procedure.