



Adiana Content for Physician Websites

[1: Very short]

Adiana[®] Permanent Contraception is a simple, safe, minimally invasive alternative to tubal ligation that permanently prevents pregnancy. The procedure generally takes less than 12 minutes and can be performed in our office during an outpatient visit. For more information about Adiana Permanent Contraception, please visit www.adiana.com.

[2: Short]

Adiana[®] Permanent Contraception

Adiana Permanent Contraception is a simple, safe, minimally invasive alternative to tubal ligation (having your “tubes tied”). It uses radiofrequency energy and soft, tiny inserts which are placed into each of your fallopian tubes to permanently prevent pregnancy.

During the 3 months following the procedure, your body’s own tissue grows in and around the inserts. You must use another form of birth control during this time, until a test confirms that your tubes are fully blocked. The Adiana procedure usually takes less than 12 minutes, there are no incisions, it does not require general anesthesia and it can be performed in our office.

For more information about Adiana Permanent Contraception, please visit www.adiana.com.

[3: Medium]

Adiana[®] Permanent Contraception

Imagine the freedom of permanent birth control — no more hassles with temporary methods and no more worries about getting pregnant. With Adiana Permanent Contraception, having that freedom may be easier than you think!

Adiana Permanent Contraception is a simple, safe, minimally invasive alternative to tubal ligation (having your “tubes tied”). It works by stimulating your body’s own tissue to grow in and around tiny, soft inserts that are placed inside your fallopian tubes.

If you’re certain that you don’t want any children in the future, talk to us about whether you may be a candidate for Adiana. If you are, consider the advantages:

- It's permanent
- It's safe
- It's effective
- It uses no hormones or drugs



- It's a simple procedure with a quick recovery
- It leaves nothing in the uterus that might limit future gynecologic tests or procedures

The Adiana Procedure

The Adiana procedure itself usually takes less than 12 minutes, there are no incisions, it does not require general anesthesia and it can be performed in our office. Recovery is quick, with most women reporting little or no pain and returning to their normal activities within a day.

During the 3 months following the procedure, your body's own tissue grows in and around the inserts (you *must* use another form of birth control during this time). After 3 months, we'll perform an HSG x-ray test to confirm that your tubes are fully blocked and that you can rely on the Adiana inserts for permanent contraception. Then you can forget about birth control and enjoy your newfound freedom!

For more information about Adiana Permanent Contraception, please visit www.adiana.com.

[4: Long]

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Is Adiana Permanent Contraception right for you?

We can help determine whether you're a candidate for Adiana Permanent Contraception, and discuss the benefits and risks with you. To get started, do any of the following statements apply to you?

- I'm certain that I don't want any children in the future
- I'm tired of the hassles of temporary birth control
- I want to enjoy intimacy without worrying about getting pregnant in the future
- I'm concerned about the long-term use of hormones for birth control
- I want permanent birth control without the risks of more invasive surgical procedures
- I would like to consider treatment for heavy menstrual bleeding

If you are certain that you do not want children in the future and can say yes to any other statement above, talk to us about Adiana Permanent Contraception at your next visit.

Potential risks

Before choosing this or any permanent procedure, we'll discuss all of your options with you, including the benefits and risks. As with all medical procedures, there are some risks associated with the Adiana procedure. These include:

- A small risk of pregnancy (with a theoretical risk of ectopic pregnancy)
- Failure to achieve correct placement of both inserts
- Symptoms during or immediately after the procedure, including
 - o Mild to moderate cramping
 - o Vaginal spotting or bleeding
 - o Pelvic or back pain
 - o Nausea

For a complete list of all warnings, cautions, and potential risks, please visit www.adiana.com.

Want to learn more about Adiana Permanent Contraception?

Please make an appointment to come in and talk to us. You can also find out more by visiting www.adiana.com.