

NovaSure® Endometrial Ablation & Birth Control

After the NovaSure® endometrial ablation procedure, it is still possible to get pregnant. Since pregnancy after any endometrial ablation procedure is dangerous for both the mother and the fetus, you'll need to rely on long-term birth control after the procedure.

Please carefully review the birth control methods and options listed below and discuss these options with your doctor to help you determine what contraception method you will rely on following your NovaSure procedure.

It's very important to talk to your doctor ahead of time about what birth control method you will use after the NovaSure procedure.

Permanent Contraception Methods

1. Tubal Ligation A surgical procedure that cuts through the abdomen to reach the fallopian tubes, which are then sealed off to prevent pregnancy. Also known as “having your tubes tied” or “female sterilization”.

Benefits/Advantages of Tubal Ligation	Risks/Disadvantages of Tubal Ligation	Failure Rate
<ul style="list-style-type: none"> • One-time, permanent procedure • Quick recovery • No hormones 	<ul style="list-style-type: none"> • Post surgical pain/discomfort, risk of infection • Risks associated with general anesthesia • Recovery time • Some risk of ectopic pregnancy • No protection from STDs 	0.5% ¹

2. Vasectomy A surgical procedure for men where an incision is made into the scrotum, and then the tube that carries sperm out of the testes is sealed or blocked. Afterwards, a man can still achieve orgasm and ejaculate, but there is no sperm in the fluid, so it cannot fertilize a woman's egg.

Benefits/Advantages of Vasectomy	Risks/Disadvantages of Vasectomy	Failure Rate
<ul style="list-style-type: none"> • One-time, permanent procedure • No hormones 	<ul style="list-style-type: none"> • Post surgical pain/discomfort, risk of infection • No protection from STDs 	0.15% ¹

Temporary Contraception Methods

1. Oral Contraceptives (Combined pill and progestin-only pill) Daily pill that either contains the hormones estrogen and progestin, or progestin only.

Benefits/Advantages of oral contraceptives (birth control pills)	Risks/Disadvantages of oral contraceptives (birth control pills)	Failure Rate
<ul style="list-style-type: none"> • More predictable menstrual cycle 	<ul style="list-style-type: none"> • Hormone side effects may include abdominal pain, acne, back pain, weight gain, breast tenderness, moodiness • Increased risk of blood clots, heart attack and stroke. Risks are increased in women over age 35 who smoke • Must be taken every day at a certain time • No protection from STDs 	8% ¹

2. Intrauterine Device – IUD (Mirena) A device inserted into the uterus that releases a steady amount of progestin's, which can help control bleeding.

Benefits/Advantages of IUDs	Risks/Disadvantages	Failure Rate
<ul style="list-style-type: none"> • Nonsurgical procedure • Effective for 5 years • Quick procedure • No recovery time 	<ul style="list-style-type: none"> • No protection from STDs • Hormonal side effects • Replaced every 5 years 	0.7% after 5 yrs (per IFU) ²

3. Patch (OrthoEvra™) Skin patch that releases the hormones estrogen and progesterone. A new patch is applied once a week for 3 consecutive weeks, and left off for one week per month.

Benefits/Advantages of the Patch (OrthoEvra)	Risks/Disadvantages of the Patch (OrthoEvra)	Failure Rate
<ul style="list-style-type: none"> • Convenience • Applied only once a week 	<ul style="list-style-type: none"> • Visibility • May fall off, increasing risk of pregnancy • Forgetting to change patch on correct day requires use of backup contraception • Side effects may include nausea, skin irritation, breast tenderness, and mood swings • Increased risk of blood clots, heart attack and stroke. Risks are increased in women over age 35 who smoke 	8% ¹ (less effective in women who weigh more than 198 pounds)

4. Implant (Implanon™) A small, thin rod that releases the hormone progestin. It is inserted just under the skin on the upper arm by a healthcare professional. Left in place for up to 3 years.

Benefits/Advantages of implants (Implanon)	Risks/Disadvantages of implants (Implanon)	Failure Rate
<ul style="list-style-type: none"> • Long-term protection from pregnancy (up to 3 years) • Reversible at any time by removing 	<ul style="list-style-type: none"> • Side effects may include irregular periods, weight gain, acne, headaches • No protection from STDs • Forgetting to change patch on correct day requires use of backup contraception 	0.05% ¹ (May be less effective in women who are very over-weight)

5. Vaginal Ring (NuvaRing™) A flexible plastic ring inserted into the vagina once a month, slowly releasing the hormones estrogen and progestin.

Benefits/Advantages of vaginal rings (NuvaRing)	Risks/Disadvantages of vaginal rings (NuvaRing)	Failure Rate
<ul style="list-style-type: none"> • Inserted only once a month 	<ul style="list-style-type: none"> • Side effects of ring may include vaginal infections, irritation • Hormone side effects may include abdominal pain, acne, back pain, breast tenderness, moodiness • Increased risk of blood clots, heart attack and stroke. Risks are increased in women over age 35 who smoke • Risk of ring falling out. If it remains out for more than 3 hours, must use backup contraception • No protection from STDs 	8% ¹

6. Hormone shot (Depo-Provera™ injection) An injection of the hormone progestin given every 3 months.

Benefits/Advantages of hormone shots (Depo-Provera Injection)	Risks/Disadvantages of hormone shots (Depo-Provera Injection)	Failure Rate
<ul style="list-style-type: none"> • Only needed once every 3 months 	<ul style="list-style-type: none"> • Hormone side effects may include irregular periods, spotting, weight gain, breast tenderness, headaches • Prolonged use may result in bone loss - therefore not recommended for use for more than 2 years • Possible delayed return to fertility after stopping the injections • No protection from STDs 	3% ¹

7. Male condom (latex) Disposable latex sheath placed on penis.

Benefits/Advantages of male condom (latex)	Risks/Disadvantages of male condom (latex)	Failure Rate
<ul style="list-style-type: none"> • Best protection from STDs • No hormones 	<ul style="list-style-type: none"> • May break • Can only be used once • Risk of allergic reactions 	15% ¹

8. Female condom Similar to a male condom, inserted into vagina with a flexible ring at the closed top.

Benefits/Advantages of female condom	Risks/Disadvantages of female condom	Failure Rate
<ul style="list-style-type: none"> • Some protection from STDs • No hormones 	<ul style="list-style-type: none"> • Can only be used once • Risk of allergic reactions 	21% ¹

9. Diaphragm with spermicide Flexible, dome-shaped rubber disk used to cover the cervix each time a woman has intercourse. Spermicide is applied before insertion into the vagina. Must be fitted by a healthcare professional.

Benefits/Advantages of diaphragm with spermicide	Risks/Disadvantages of diaphragm with spermicide	Failure Rate
<ul style="list-style-type: none"> • No hormones 	<ul style="list-style-type: none"> • Must be inserted correctly • Must be left in place at least 6 hours after intercourse • Additional spermicide must be used for repeated intercourse • Risk of toxic shock syndrome if not removed within 24 hours 	16% ¹

10. Spermicide alone A foam, cream, jelly, suppository, or film that contains nonoxynol-9, an ingredient that kills sperm.

Benefits/Advantages of spermicide alone	Risks/Disadvantages of spermicide alone	Failure Rate
Only used when needed	<ul style="list-style-type: none"> • Less effective • May cause irritation, allergic reactions, or urinary tract infections • No protection from STDs 	29% ¹

11. Sexual Abstinence A self-enforced restraint from sexual activity to prevent pregnancy.

Benefits/Advantages of Abstinence	Failure Rate
<ul style="list-style-type: none"> • Self-regulated • No procedures • No hormones • No surgery 	0%

¹ 1-year, typical use pregnancy rates (Adapted from: Trussell J. Contraceptive efficacy. In Hatcher RA, Trussell J, Nelson AL, Cates W, Stewart FH, Kowal D. Contraceptive Technology: Nineteenth Revised Edition. New York NY: Ardent Media, 2007) ² Mirena Prescribing Information

Important Safety Information: NovaSure endometrial ablation is for premenopausal women with heavy periods due to benign causes who are finished childbearing. Pregnancy following the NovaSure procedure can be dangerous. The NovaSure procedure is not for those who have or suspect uterine cancer; have an active genital, urinary or pelvic infection; or an IUD. NovaSure endometrial ablation is not a sterilization procedure. Rare but serious risks include, but are not limited to, thermal injury, perforation and infection. Temporary side effects may include cramping, nausea, vomiting, discharge and spotting. If you, or someone you know, have possibly experienced a side effect when using our product, please contact your physician.