

A Lifetime of Care

Ask Dr. Narendran



Mamata Narendran, MD

Can a permanent birth control procedure be done in the office?

Absolutely! Most women desiring permanent birth control now have a procedure called Essure® instead of traditional laparoscopic tubal ligation. This minimally invasive procedure can be done right in the doctor's office.

Essure® uses a tiny coil mechanism. The doctor inserts it through the cervix and uterus into the fallopian tubes.

The coil causes scar tissue to develop in the tubes, sealing them shut. The process takes several weeks. During that time, you must use another form of birth control. After about three months, your doctor will perform an imaging test called a hysterosalpingogram to confirm that the tubes are blocked.

What are the advantages? It is permanent, very effective and very well tolerated. It leaves no scars on the abdomen. And compared with traditional tubal ligation, it results in fewer complications and less postoperative pain. It also costs less. Most insurance companies treat this as an office visit, and patients pay only their normal office visit copay.

What are the disadvantages? You will need an alternative form of birth control until the imaging test confirms the tubes are closed.

Our practice cares for women of every age, and all of our doctors welcome new patients. We look forward to helping you to better health.

Depend on us for the finest obstetric and gynecologic care to support you at every age.

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