

# 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, no anesthesia and no surgery.



Safe. Simple. Forever. Adiana.

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

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

## **With Adiana Permanent Contraception, you'll never have to worry about birth control 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's a simple procedure with a quick recovery
- It leaves nothing in the uterus that might limit future gynecologic 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, take a look at the following statements, and check all that apply to you:

- I want permanent birth control 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 birth control**
- I want a procedure that does not limit my options for future gynecologic 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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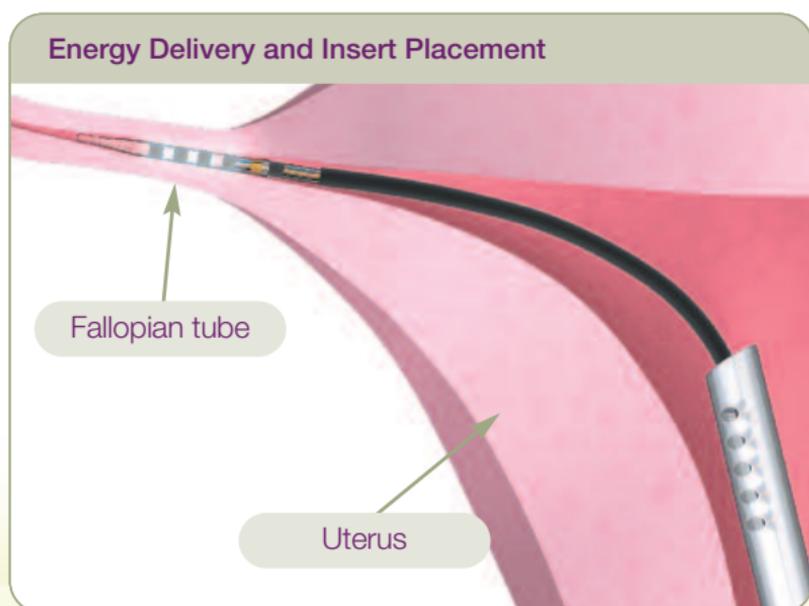
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## **The Adiana procedure is safe, simple and effective.**

The Adiana procedure does not cut through the skin and can be performed in your doctor's office with or without local anesthesia.

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

Once your tubes are completely blocked, Adiana Permanent Contraception is comparable to tubal ligation, or “having your tubes tied”, in preventing pregnancy.



A slender, flexible instrument is passed through the body's natural openings to deliver a low level 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.

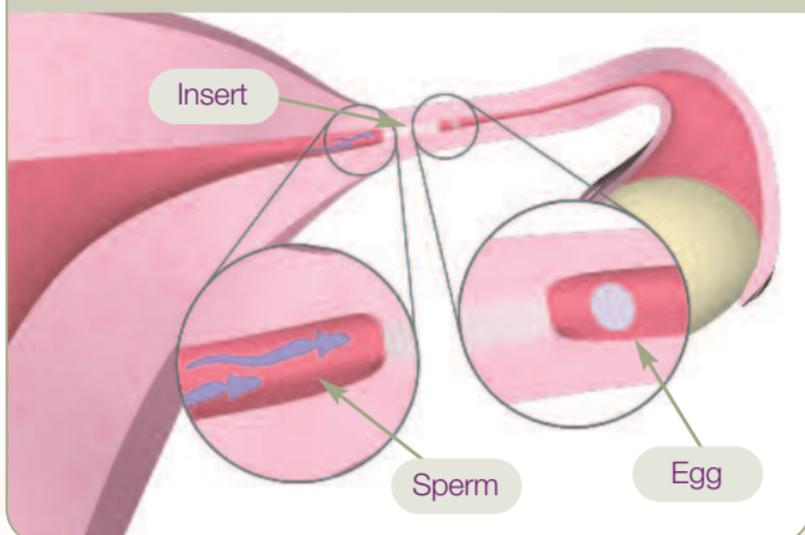


## How does Adiana Permanent Contraception work?

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, the Adiana HSG (hysterosalpingogram) Confirmation Test is performed to confirm your tubes are completely blocked. You must use an alternate form of birth control 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 birth control.

### Tissue In-growth and Pregnancy Prevention



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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## **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 birth control.

### **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.



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

### **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 and no recovery time from general anesthesia, you should experience little or no discomfort and be able to return to your regular activities within a day or two.

### **Leaves nothing in your uterus.**

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

\* 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.



## **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 (“had your tubes tied”)
- 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 Confirmation 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)



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**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
- 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.

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To find out more about  
Adiana Permanent Contraception:

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

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

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