

Permanent Contraception Shared Medical Appointment

To assist women who are considering permanent contraception, Savitha Krishnan, M.D., now offers a Shared Medical Appointment (SMA). An SMA is a group appointment attended by between six and 14 patients that gives patients the opportunity to learn about a particular health care procedure or condition together with others who share their interest in that procedure or condition. At the Permanent Contraception SMA, Dr. Krishnan will discuss the Essure® procedure with the group and evaluate the appropriateness of the procedure for each patient attending the SMA in individual one-on-one discussions.

Group Discussion Topics

What is Essure?

The Essure procedure is the first and only female sterilization procedure approved by the U.S. Food and Drug Administration (FDA) that prevented all pregnancies during its clinical trials. The Essure procedure is permanent and is **not** reversible. Therefore, you should be certain that you do not want children in the future before having the procedure.

What does the Essure procedure involve?

Like a traditional tubal ligation – where the fallopian tubes that lead to the ovaries are surgically tied to prevent the eggs released by the ovaries from becoming fertilized – the Essure procedure blocks the fallopian tubes. However, with Essure there is no need for surgery. Instead, spring-like coils, called micro-inserts, are inserted into the fallopian tubes through the body's natural pathway (vagina to cervix to uterus to the fallopian tubes).

What should patients expect after the Essure procedure?

- What happens during the first three months after the procedure?
- What should they expect after the first three months?

What are the benefits of the Essure procedure?

- It requires only minimal anesthesia, which is typically safer than the general anesthesia used for surgery.
- The procedure can be done in Dr. Krishnan's office and does not require a hospital stay.
- Patients can see the procedure as it is being performed.
- Patients can have a support person like a spouse or partner with them during the procedure.
- There are no incisions.
- Patients require no bed rest or recovery period.

To attend Dr. Krishnan's Permanent Contraception SMA, please call the Fremont Center OB/GYN Department at **510-498-2182**.



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Dr. Krishnan has professional interests in obstetrics, gynecology, urogynecology and performing minimally invasive procedures. She is married and has two children.