

*Consider what is best for you...*




**FILSHIE<sup>®</sup>**  
PERMANENT CONTRACEPTION

**A HIGHLY EFFECTIVE  
AND COMPLICATION FREE  
BIRTH CONTROL DEVICE**



*Effective.  
Safe.  
Proven.*

## **FILSHIE® – THE CLIP, EASY TO CORRECTLY APPLY**

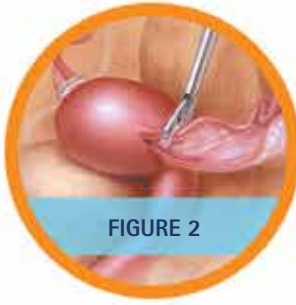
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- Quick laparoscopic procedure
  - Immediately effective
  - Can be applied post-partum
  - Minimal permanent tubal tissue damage
  - Allows for reversibility
  - Non-hormonal
  - In use for over 30 years in millions of women

*Filshie Clips – Ready when you are...*

# THE PROCEDURE

The Filshie Clip procedure is usually performed under general anaesthetic and takes less than 30

minutes to perform. Patients may go home within 1-2 hours after the procedure.



The Filshie Clip application is performed in your hospital outpatient department. During the procedure your doctor will make two small incisions into your lower abdomen to locate your Fallopian tubes with a laparoscope – a slim scope and camera system.

Once located, your doctor will close the Filshie Clips over the Fallopian tubes, immediately preventing sperm reaching your eggs. The clips have been proven to effectively and permanently hold the tubes closed.

The incision points are closed using a single stitch to reduce scarring. As this method does not require a subsequent confirmation test, Filshie Clips are immediately effective and do not require any follow up treatment or tests.

## IMPLANTED MATERIALS:

Filshie Clips are made from biologically inert titanium and silicone, and have been implanted in millions of women for decades.

## POTENTIAL AFTER-EFFECTS OF YOUR SURGERY MAY INCLUDE:

You may experience some short term mild to moderate pain around the incision points after surgery.

Your doctor may recommend general anaesthesia. Please consult with your doctor about the benefits and risks associated with local and general anaesthetic methods.





*For a permanent  
peace of mind*

## IS THE FILSHIE CLIP RIGHT FOR YOU?

### FILSHIE CLIPS MIGHT BE RIGHT IF:

- You desire permanent birth control without worry or ongoing involvement.
- In contrast to more recent hysteroscopic method:
  - You don't wish to depend on a highly skilled surgeon to correctly locate and apply the device.
  - You wish to achieve immediate birth control, eliminating other interim methods before effectiveness has been established.
  - You want to avoid additional procedures.
- You want a procedure that is brief with minimal post-application pain that allows you to quickly resume normal activities.
- You wish to apply Filshie Clips immediately following childbirth, especially during a C-section when access to Fallopian tubes is already available.
- You prefer assurance from a long-term history of biocompatibility and inertness.
- You wish a reasonably high probability of reversibility.

# POTENTIAL COMPLICATIONS

- No device that intervenes with nature is perfect, but Filshie Clips are proven to be as effective or more effective than any other birth control method.<sup>1</sup>
- Based on long-term data, including possible application errors, Filshie Clips are 99.76% effective.<sup>1</sup>
- Post application pain which normally is minimal and resolves quickly can result from:
  - Abdominal insufflation with CO<sub>2</sub> gas
  - Menstrual cramping
  - Incision closure.
- After tubes eventually separate, some clips may migrate within the abdominal cavity. This is normally without symptoms, and is less risk to long-term well-being than removing them.
- Ask your doctor about risks of anaesthesia.
- Medical grade silicone and titanium may contain trace amounts of nickel. Filshie Clips have been tested to be biologically non-reactive. Consult with your doctor to conduct an allergy test if you suspect hypersensitivity to nickel.







*Maximum Performance  
Minimum Risk*

## FREQUENTLY ASKED QUESTIONS

### HOW EFFECTIVE IS A FILSHIE CLIP PROCEDURE?

Filshie Clips are 99.76% effective<sup>1</sup>. In contrast to hysteroscopic tubal occlusion, this success rate includes application errors. It is based on real, long-term data involving a large number of women. The effectiveness rate is higher than typical rates for other types of contraception, both surgical and temporary.

### IS THE FILSHIE PROCEDURE PAINFUL?

Patients normally receive general anaesthetic to undergo the procedure. There may be some short term discomfort around the incision site and menstrual cramping. This can be treated with pain medication, and is expected to promptly go away.

### HOW LONG IS THE RECOVERY?

Filshie Clip application is typically performed as a day case. Therefore, it is unlikely you will

need to spend a night in the hospital. You may go home 1-2 hours after the procedure, but someone should be available to assist you as necessary. You should try to resume your normal daily routines as soon as possible after the procedure. However, avoid any vigorous exercise for two weeks after surgery.

### IS A FILSHIE PROCEDURE REVERSIBLE?

Yes. To reopen the Fallopian tubes, there is a greater than 80% success rate of reversibility<sup>2</sup>. However, Filshie Clips are designed to be permanent birth control. Although reversibility is usually successful, it is a surgical procedure that is often not covered by the NHS or other healthcare providers.

### HOW LONG DOES THE PROCEDURE TAKE?

The overall procedure should take no longer than 30 minutes to complete.

### DO I HAVE TO USE OTHER BIRTH CONTROL METHODS OR HAVE OTHER TESTS PERFORMED BEFORE FILSHIE CLIPS ARE EFFECTIVE?

No. Filshie Clips are immediately effective and require no confirmation tests to show the Fallopian tubes are blocked.

### CAN I HAVE AN MRI SCAN?

Yes. It is possible to carry out an MRI scan as the materials used in the Filshie Clip are non-magnetic.

### WHAT IF I HAVE A LATEX OR NICKEL ALLERGY?

The Filshie Clip is made from titanium and silicone that is tested to be inert (non-reactive) in the body.

### I AM CURRENTLY TAKING THE PILL. CAN I IMMEDIATELY STOP TAKING IT AFTER MY FILSHIE CLIPS ARE PLACED?

No. Although Filshie Clips are immediately effective against transmission of sperm to the egg, you must continue to take the pill until your next period. This prevents the possibility of a rare tubal pregnancy, which can happen if sperm is present before the Filshie Clip procedure.

*One of the most effective methods of contraception*

Talk to your doctor to learn more about whether Filshie Clips are right for you.

- Proven history of success: Within a 30 year span, over 13 million clips have been applied worldwide. In contrast to hysteroscopic sterilisation, complaints have been rare.
- The Royal College of Obstetricians and Gynaecologists recommends the Filshie Clip for laparoscopic surgical contraception.
- All women are candidates for Filshie Clip placement: There are virtually no limitations due to anatomy or structure which would prevent successful application of Filshie Clips to the Fallopian tubes.
- MRI Safe: Patients with Filshie Clips may safely undergo an MRI scan.
- Allows for reversal: The Filshie Clip is the only likely reversible method of surgical contraception.

For more information please visit: [www.femcare-nikomed.co.uk](http://www.femcare-nikomed.co.uk)

REFERENCES:

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2. Hulka JF, Noble, AD, Letchworth AT, et al, Reversibility of clip sterilizations. Lancet 1982 Oct 23;2(8304):927

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