Are you interested in Essure® (non-surgical) sterilization?

NEST Study:
Nitrous and Essure® Sterilization Trial

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If you are interested in this study, please ask your provider or contact one of our Research Coordinators: Anne, Michelle, or Chloe

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UNM SCHOOL of MEDICINE
Division of Family Planning
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Department of Family and Community Medicine
The NEST Study...

What is the study about?

This research is studying the use of laughing gas (Nitrous oxide) to lower pain and anxiety for someone having a permanent sterilization procedure done in the clinic with Essure®.

The Essure® device is used to cause scarring of each fallopian tube, which is where the egg and sperm normally meet. This will block the egg and sperm fertilization. In general, women do well with the way the Essure® device is inserted, as it is a safe and effective form of permanent birth control.

Nitrous Oxide, or laughing gas, has been used for many years in emergency rooms, dentists' offices, and labor and delivery for control of pain. It is effective at controlling pain in these situations. It is also very quick acting. This means that after you have your sterilization procedure, you will not need to wait long to feel normal again. Nitrous oxide has never been used for Essure® sterilization. This study seeks to determine if it is safe and effective for use as pain control during this in-office procedure.

What will happen if I participate?

If you choose to participate in this study and sign a consent form, you will be assigned to either the group that receives laughing gas or you will be assigned to the group that will not get laughing gas but will receive pain medications by mouth. Everyone will still have the Essure® sterilization procedure but the group not getting laughing gas will receive only oxygen, a gas that is present in the air that you breathe every day.

During the Essure® procedure, you will be given a mask with a scent to put over your nose, and you will breathe in the laughing gas. The rest of the procedure will be completed in the usual way.

Once the Essure® devices are inserted, you will be asked to fill out a short questionnaire about your experience.

A confirmatory test called a Hysterosalpingogram (HSG), which is a form of x-ray, to ensure your fallopian tubes are blocked, will be done 3 months after your procedure.

You can participate if...

- You desire to end your fertility.
- You have chosen to have your sterilization procedure done in the clinic setting.
- You are at least 21 years old.
- You are at least 6 weeks from a pregnancy.
- You agree to use some form of birth control for 3 months after your procedure until the confirmatory test (HSG) is done if sexually active.
- You speak English or Spanish.
- You can use laughing gas. This means you are not actively using street drugs, you are able to breathe through your nose, you do not have COPD, you do not have a current respiratory infection, and you are not currently on chronic narcotic pain medication.

If you participate in this study, you may be eligible to receive:

$75 gift card after the Essure® devices are inserted