

ExEm® Foam Procedure

(air polymer-type A) intrauterine foam



Ultrasound assessment of tubal patency in
women with known or suspected infertility

If you have known or suspected infertility, ExEm® Foam can help quickly, safely and accurately give you the answers you need at the start of your fertility journey.

How ExEm® Foam works is simple: if your tubes are patent —or open— the foam will appear as a thin, bright white line when visualized with ultrasound by your healthcare provider. If the white line does not appear, your fallopian tubes might be occluded or blocked.

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Your doctor has recommended a procedure to evaluate the patency (or openness) of your fallopian tubes. Using only ultrasound and ExEm® foam, your doctor will examine your fallopian tubes.

Here's what to expect with the safe, effective and gentle ExEm® Foam procedure —you'll avoid radiation and iodine and get same day test results, allowing you and your physician to discuss the next steps in your fertility journey.

Preparation

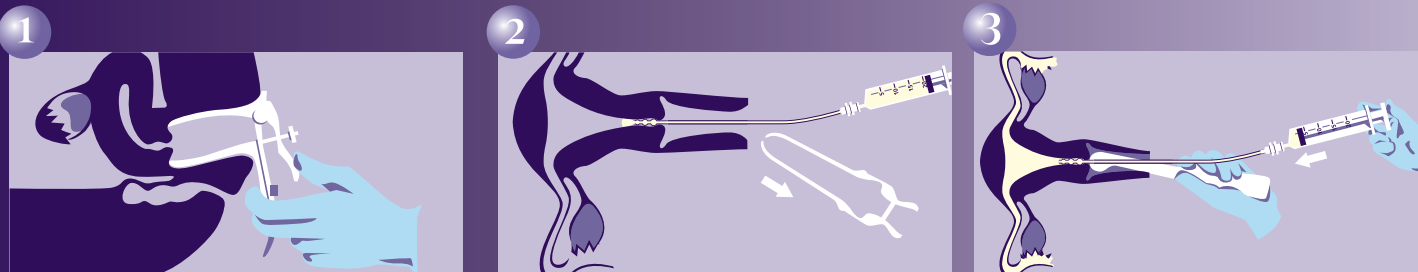
The procedure should take place in the pre-ovulatory phase of your menstrual cycle (cycle days 6 through 11). This is after bleeding has stopped, but before ovulation occurs.

It is important to have a negative pregnancy test 24 hours before the procedure takes place.

Immediately before the procedure, you will need to empty your bladder to ensure optimal visualization.

About the foam procedure

During the procedure, ExEm® Foam is infused into the uterus and fallopian tubes. Ultrasound is used to observe the path the foam takes. The procedure lasts 10-15 minutes. It does not involve X-ray, iodine or placing a cervical tenaculum and traction on the cervix, which some patients may find painful¹. ExEm® Foam is made of gentle ingredients similar to artificial tears.



1. Dreyer, K., Out, R. et al. Hysterosalpingo-foam sonography, a less painful procedure for tubal patency testing during fertility workup compared with (serial) hysterosalpingography: A randomized controlled trial. Fertility and Sterility 2014, 102(3):821-25

Procedure

- 1 During the procedure, you will lie on your back on the examination table with your feet in stirrups. Your physician will insert a speculum to visualize the cervix.
- 2 A thin tube (catheter) is placed in the cervix. Then, the speculum is removed and the ultrasound probe is inserted into the vagina.
- 3 ExEm® Foam is gently infused through the catheter. The foam allows visualization of the contour of the uterine cavity and the fallopian tubes. Though the procedure itself does not typically cause pain, some patients experience mild uterine cramping.
- 4 Using small movements of the ultrasound probe, your physician will assess your fallopian tubes and determine their patency.
- 5 When completed, the ultrasound probe and catheter are removed.
- 6 Your healthcare provider will discuss your test results same day in the comfort of their office.

After the procedure

Following the procedure, you may notice a small amount of foam discharge and/or spotting. This is normal and a sanitary pad will be provided if needed.

Your doctor will discuss the results and recommended next steps with you.

If you have any questions or concerns prior to or following the procedure, please contact your healthcare provider.

IMPORTANT SAFETY INFORMATION:

You should not receive ExEm Foam if you are pregnant, have known or suspected lower genital tract inflammation or infection, have had a gynecologic procedure within the last 30 days, have vaginal bleeding, or have known or suspected reproductive tract neoplasia.

Common side effects from the ExEm Foam procedure include: pelvic and abdominal pain, vasovagal reactions (and associated symptoms such as nausea and faintness), and post-procedure spotting.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

About ExEm® Foam

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ExEm® Foam is the only contrast agent for ultrasound tubal patency testing in women with known or suspected infertility that has been approved by the FDA.

First launched in Europe in 2011, ExEm® Foam has been used in over 500,000 procedures worldwide, allowing for a safe and successful alternative to X-Ray HSG.

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Less invasive. More convenient. Used successfully.

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