

The Center for Women

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ESSURE Pre-Procedure Instructions

The following information is provided for your consideration and should not replace the advice of your doctor. Each of these points will be discussed with you prior to your procedure. Please ensure all of your questions have been answered to your satisfaction.

The Day of your procedure:

Fasting (depends on your health status):

- You must not eat or drink anything after midnight.
- You can have black coffee or tea the morning of the procedure.
- You can have toast the morning of the procedure.

Admission:

- Arrive one hour prior to your procedure.
- A urine sample will be required for a pregnancy test.
- Wear comfortable clothes and leave all valuable at home.

Medication:

- You may be given an anti-inflammatory tablet or suppository before the procedure to help reduce cramping during the procedure.
- You may be given a prescription for NSAIDs. Take the pills one to two hours prior to the procedure.
- You will be given a local anesthetic for the procedure. You will be awake during the procedure. The doctor and nursing staff will keep you informed at all times.
- You may receive other anesthesia.
- Ask your doctor or nurse for more pain relief medication at any time during and after the procedure.
- You will spend some time at the facility resting after your procedure.
- The time you spend recovering depends on the type of anesthetic used.
- Ask for additional pain relief medication if you experience any discomfort.
- Consider having someone drive your home.

Alternative Contraception:

- During the next three months, tissue will begin to grow into the *ESSURE*® micro-inserts, eventually blocking your fallopian tubes. You **MUST** use another form of birth control during this time and until your doctor confirms that the micro-inserts are in the proper position and your tubes are blocked.
- NOTE: an IUD or IUS cannot be used during this time.
- Alternative form of birth control has been identified.