



# The Center for Women

## Obstetrics & Gynecology

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### ***ESSURE Post-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 discharge. Please ensure all of your questions have been answered to your satisfaction.

#### **After your procedure:**

##### **Going Home:**

- You will be given a completed patient ID card before you leave. Keep your ID card with you at all times and present it to other doctors involved in your present or future care.
- Consider having someone drive you home.

##### **When you are home:**

###### *Pain:*

- If you are experiencing cramping or backache, follow your doctor's instructions regarding pain medication.
- Prescription for pain medication may be given prior to leaving the office at doctor's discretion.
- You may feel faint or nauseous. Follow your doctor's recommendations regarding activity during the first 24 hours after your procedure.

###### *Bleeding:*

- Spotting or light bleeding is normal. If bleeding becomes heavy, or you are concerned, please contact your doctor.

###### *Intercourse:*

- You can have sexual intercourse after the bleeding stops and you feel comfortable, BUT you MUST remain on another form of birth control until after your 3-month visit.
- Please call your physician if your period is more than five days late.

#### **In 3 months – ESSURE Confirmation Test:**

You will need to visit your physician three months after your *ESSURE* procedure to have a special type of x-ray test call the *ESSURE* Confirmation Test. This test is performed to make sure that both of your *ESSURE* micro-inserts are in the correct position and that both of your tubes are blocked.

You MUST use another form of birth control, other than an IUD or IUS, until you have this test and your doctor tells you that you can rely on the *ESSURE* device for birth control. (See *ESSURE* Confirmation Test Information)

If you rely on the *ESSURE* device for birth control before completing the *ESSURE* Confirmation Test, you may get pregnant or have an ectopic pregnancy (pregnancy outside of your uterus, but inside the body). Ectopic pregnancies can be life-threatening.