



## ***Post ESSURE Care Instructions***

The procedure you had completed today is Hysteroscopic placement of Essure Micro-Inserts. Using a scope, the physician placed “plugs” in the tubes that connect the uterus to the ovaries. This procedure is intended for permanent birth control (sterilization.) It takes about 12 weeks for your body to react to the plugs and for the tubes to become closed. You must use another form of birth control until a test is done (HSG) to make sure your tubes are completely blocked.

## ***What to expect after ESSURE***

- You should expect to feel uterine (period) cramps and mild discomfort for the next 24 hours.
- Most patients are able to resume normal activity after 24 hours.
- You may return to work the day after the procedure.

Your discomfort should gradually improve.

## ***Instructions***

- Take it easy today and avoid any strenuous activity
- No driving while taking strong pain medications
- Nothing in the vagina for 2 weeks (i.e. no tampons, douching, or intercourse)
- Use another form of birth control until the HSG indicates it is safe to use Essure for birth control
- Take pain medication as needed and as prescribed

### **Please call the office/physician if:**

- Heavy bleeding or increasing pain develops
- New vaginal discharge or foul smelling odor develops
- Fever over 101F
- Difficulty urinating, fever, nausea, or vomiting occurs
- You have any questions