



## ***Pre-Operative Essure Instructions***

The procedure you are scheduled to have done is **hysteroscopic placement of Essure Micro-Inserts**

- The Essure procedure is the placement of plugs through the vaginal canal into the fallopian tubes
- The Essure procedure is for permanent sterilization
- If you are not using a reliable form of contraception, you must schedule the procedure on day 1-8 of your cycle
- The procedure takes about 15 minutes, but you will be in the office for about 2 hours

**Your procedure will be completed in the office of Van Dyke Gynecology on \_\_\_\_\_, please arrive @ \_\_\_\_\_.**

The Essure procedure can be uncomfortable; like the worst period cramps you have ever had. Following the pre-procedure medication instructions will significantly decrease your discomfort.

- Take motrin 800 mg every 8 hours for 2 days prior to the procedure
- Take misoprostol 200mcg 1 tablet the night prior to the procedure and 1 tablet one hour before coming to the office for your procedure; you may experience cramping, bleeding or diarrhea with this medication, this is **normal**.
- Take 1tablet of each, Valium 10mg and Vicodin ES (may say hydrocodone on pill bottle) one hour prior to procedure time or as directed by office staff at your pre-op appointment.
- You will also be given an intramuscular injection for pain control and local numbing medication prior to the procedure in office

Please eat and drink something with medications prior to your appointment

Please bring your left over medications with you to your appointment

You must have someone drive you to and from the appointment

Please plan on taking it easy for 24 hours after the procedure.

If you have any questions, please contact our office at 407-316-0156.

You need to use back up birth control until the HSG is completed and you are cleared by the physician.