

POST-OPERATIVE INSTRUCTIONS

ESSURE PROCEDURE

1. You may immediately resume a normal diet.
2. Most patients have only mild cramping after this procedure. You may have vaginal spotting or bleeding. Call if you have severe pain or heavy bleeding (soaking a pad every hour) or if you have an oral temperature of 100.4 degrees or more. Avoid intercourse, douching, or tampons for two weeks.

Tylenol or Extra Strength Tylenol, 2 tablets every four hours or over-the-counter Ibuprofen, 200 milligrams (3-4 tablets every six hours) should be adequate for the discomfort you are having, but your physician may give you a prescription for pain medication as well.

3. You should schedule a post-operative appointment two weeks after surgery.
4. Over the next three months, your body will be going through a natural healing process and tissue will begin to grow through and around the Essure inserts in your fallopian tubes. **It is very important that you use another form of birth control during this time.** It takes at least three months for this tissue to completely block your tubes. Three months after the procedure, you will need to have an HSG (hysterosalpingogram) Confirmation Test. During this test, your uterus will be filled with a contrast fluid (a dye that shows up in x-rays). Several x-rays are then taken of your uterus. The images will be studied to make sure that the dye does not enter the fallopian tubes. This is how your doctor will know if your tubes are completely blocked. To schedule this appointment, call our office. Any of our schedulers will be able to assist you. After you have this test, you will need to schedule an appointment with the doctor. Your doctor will have the results of your test, and he or she will be able to tell you if your tubes are completely blocked. If your tubes are completely blocked, you will not need to use another form of birth control any longer since you can no longer become pregnant.

Remember, the Essure procedure is permanent and cannot be reversed.

**UTAH VALLEY WOMEN'S CENTER
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