



Valley Medical Center Division

ESSURE PROCEDURE

An appointment has been scheduled for you at _____ on _____.
Please bring your procedure medications to your appointment.

Pre-Procedure Instructions

1. Take the Cytotec 200 mcg the night prior to your procedure.
2. Take an 800 mg Ibuprofen the night before the procedure, another 800mg of Ibuprofen the morning of the procedure.
3. Eat a light meal prior to the procedure. (Avoid greasy foods, fried food)
4. A urine pregnancy test will be performed in the office prior to the procedure.
5. You will be given all the pre-procedure medications upon arrival.
6. You must have someone to drive you home after the procedure.

Procedure

1. You will be given a local anesthetic during the procedure to reduce pain. You will be awake during the entire procedure.
2. The physician and his/her staff will keep you informed of what is taking place at all times. If you have questions or concerns, please feel free to ask them at any time.
3. After the procedure you are encouraged to go home and rest for the day. Prescriptions for the nausea and pain will be given to you when you leave in the event that you would need them.

Post-Procedure

1. You may feel faint or nauseated. Follow your physician's recommendations regarding activity during the first 24 hours after your procedure.
2. If you have a fever greater than 100.5 or severe abdominal cramping, call the office at (208)746-1383 ext 6510.

3. Spotting or light bleeding is normal. If bleeding becomes heavy, or you are concerned, please contact your physician.
4. If you feel well the next day you may resume all normal activities and intercourse in 1 week. An alternative form of contraception **MUST** be used until after your three month visit.
5. Please call the office if your period is more than 5 days late.
6. You will need to visit your physician 3 months after your Essure procedure to have an evaluation including a test called a hysterosalpingogram (HSG). The evaluation is performed to make sure that both of your Essure micro-inserts are in the correct position and that both of your tubes have been blocked.
7. You **MUST** use another form of contraception, other than an IUD until you have this test and your physician tells you that you can rely on Essure for contraception.
- 8. If you rely on Essure for contraception before completing this evaluation, you may get pregnant, or have an ectopic pregnancy (pregnancy outside your uterus, but inside the body). Ectopic pregnancies can be life-threatening.**

If you have any question please call the office at 208-746-1383 ext 6510.

I have received the above instructions.

Patient signature _____ Date _____

Nurse or Provider _____ Date _____