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ESSURE PATIENT INSTRUCTIONS

Before coming into the office for the Essure procedure, you will have reviewed the procedure, its risks and benefits, and alternative forms of birth control. Please let your doctor know if you still have any questions before you proceed with the procedure.

** It is also very important to inform your doctor beforehand if you believe you could be pregnant, or if you think you have a pelvic infection.

Day before the procedure:

Medications: (Note some patients may need different medications. Please alert your doctor if you are unable to take any of these medications due to side effects or allergies).

- ❖ **Ibuprofen** 600mg every 6 hours. By taking this the day prior to your appointment, you will lessen any cramping that can occur during or after the procedure. Ibuprofen also helps to relax the uterus to permit an easier placement of the Essure devices. Do **NOT** take ibuprofen the day of your procedure, as you will be given a similar injected medication when you arrive at our office.
- ❖ **Cytotec** 200mcg (Misoprostil). Place in vaginally at bedtime. This will help to soften the cervix in preparation for your procedure.

Day of the procedure:

Medications:

- ❖ **Valium** 5mg (Diazepam). Take an hour prior to your appointment. This medication will help you to relax.
- ❖ **Percocet** 5/325mg (Oxycodone/Acetaminophen). One tablet an hour prior to your appointment. This medication lessens any discomfort you may have during the Essure placement.
- ❖ **Doxycycline** 100mg. Begin taking this antibiotic the morning of your appointment to prevent the risk of infection.

Be sure to arrive at our office on-time.

** **Someone else must drive you to and from the office** as the medication you take before can affect your driving ability. If you choose, you may have this person in the room with you during the procedure to make you feel more comfortable.

You may also bring your own headphones and portable music player to listen to during the procedure to help you relax.

What to expect at the office:

A nurse will bring you into the exam room and a urine sample will be requested to confirm a negative pregnancy test. You will then be given an injectable anti-inflammatory medication 30 minutes before your procedure. During the procedure the doctor will also inject a local anesthetic. You will be awake for the procedure and may feel slight cramping at times. The average procedure time is 10 minutes. After the procedure is done, expect to spend about 30 minutes recovering.

After the procedure:

Medications:

- ❖ **Doxycycline** 100mg twice a day as directed.
- ❖ **Ibuprofen** 600mg every 6 hours as needed for pain. It is best to start about 6 hours after your procedure. It is unlikely that you will need any other medications for pain. If you do, you may use the **Percocet** that you have been prescribed every 4 hours as needed.

It is normal to have light vaginal bleeding and some cramping for a few days.

Call our offices at **671-6790** (Webster) or **225-1580** (Greece) if you experience any:

- ❖ Fevers
- ❖ Uncontrolled pain
- ❖ Heavy bleeding,
- ❖ Vomiting and unable to keep any food or fluids down
- ❖ For any other concerns you have

Follow up in the office with your doctor 6 weeks after the procedure.

Also, 3 months after the Essure procedure, be sure to contact the office to schedule a hysterosalpingogram (HSG) to check that both fallopian tubes are blocked off. Until this is done, it is your responsibility to avoid possible pregnancy by using contraception as directed.