

Instructions following your Essure Procedure

Going Home

- Obtain a completed ID card before you leave. Keep your ID card with your health insurance card and present it to other doctors involved in your present or future care.
- Consider having someone drive you home.

When you are home

- If you are experiencing cramping or backache, follow instructions regarding pain medication.
- You may feel faint or nauseous. Follow your doctor's recommendations regarding activity during the first 24 hours following your procedure.
- Spotting or light bleeding is normal. If bleeding becomes heavy, or you become concerned, please contact our office.
- You can have sexual intercourse after the bleeding stops and you feel comfortable, but you **MUST** continue to use another form of birth control until you return for your Essure Confirmation Test and your doctor tells you that you can rely on Essure for birth control.
- Obtain information and set-up your appointment for your Essure confirmation Test
- Please call your physician if your period is more than five days late.

In 3 months – Essure Confirmation Test

- You will need to have the Essure Confirmation Test to verify that you are protected from unplanned pregnancy.
The test uses a dye and special type of x-ray to ensure both that the inserts are in place and that the fallopian tubes are completely blocked, so that you can rely on Essure for birth control.
- You **MUST** continue to use another form of birth control, other than an IUD, until you complete the test and your doctor confirms that you can rely on Essure for birth control.
- If you rely on Essure for birth control before completing the Essure Confirmation Test, you may get pregnant or have an ectopic pregnancy (pregnancy outside of your uterus, but inside the body). Ectopic pregnancies can be life-threatening; so if you think you might be pregnant, please call your physician.