



# After Your Essure Placement

*What you should know*

This handout gives self-care instructions and tells you what symptoms to call your doctor or nurse about after your Essure placement.

## Activity and Self-care

- The Ativan (lorazepam) that you took before your procedure can take up to 6 hours to wear off completely. Until it has worn off, do **not**:
  - Drive or travel alone
  - Use machinery
  - Drink alcohol
  - Sign any legal papers
  - Be responsible for the care of another person
- You can eat and drink as usual.
- You will be given pain medicine to lessen pain and cramping after your procedure. Only take this medicine if you are feeling pain:
  - **Ibuprofen**, 800 mg pill. You can take this every 8 hours. If you are having pain even after taking this medicine, please call the Women's Health Care Center at 206-598-5500 and ask to speak with a nurse.
- You may have a small amount of bleeding (like a period) for up to 5 days. This should taper off quickly.
- Do **not** place anything in your vagina for 2 weeks. This means no intercourse, tampons, douching, etc. Use pads if you are bleeding.

## When to Call the Doctor or Nurse

Call the Women's Health Care Center (see phone numbers on the next page) or your doctor **right away** if you have:

- Heavy bleeding, and you are soaking 1 maxi pad an hour for 3 or more hours
- A fever higher than 100.5°F (38°C)
- Severe abdominal pain, even after using pain medicine

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## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

### Women's Health Care Center:

Weekdays between 8 a.m. and 5 p.m., please call the clinic at 206-598-5500 and ask to speak with a nurse.

After hours and on weekends and holidays, call 206-598-6190 and ask for the Gynecology doctor on call to be paged.

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## Use Birth Control for 3 Months

**It will take 3 months for the Essure to work as birth control.**

- You must use another form of birth control until you have the *hysterosalpingogram* (HSG) test at your follow-up visit 3 months after your Essure is placed. The HSG test will confirm that your tubes are blocked.
- Some patients who do not use birth control during the first 3 months do become pregnant.
- You might also be at risk for an *ectopic* pregnancy (pregnancy in the Fallopian tubes), which can be life-threatening.

**If you think you could be pregnant after your Essure procedure, call your doctor right away!**

Thank you for choosing the Women's Health Care Center for your Essure placement procedure. We appreciate your trust in us and always strive to provide the highest standard of care.

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### Women's Health Care Center

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