



# Your Essure Placement

*How to prepare and what to expect*

**Essure is a permanent form of birth control. It is a soft, flexible device that blocks your fallopian tubes. Your doctor will place one of these devices in each of your tubes by inserting it through your vagina, cervix, and uterus.**

**It will take 3 months after placement for the Essure to provide complete birth-control protection. During this time, you **MUST** use a back-up form of birth control to avoid getting pregnant.**

You are scheduled to have an Essure insert placed. This is an outpatient procedure at the Women's Health Care Center, which means you will go home the same day. You will take a mild *sedative* (calming medicine) before your procedure. A local *anesthetic* (numbing medicine) will be used to numb your cervix at the beginning of your procedure.

## Your Pre-operative Visit

You will meet your doctor at your pre-operative visit. You will also sign consent forms and be given prescriptions for medicines to take before and on the day of your surgery. These medicines and when you will take them are:

- **Birth control pills:** Your doctor may ask you to take birth control pills from the time of your pre-operative visit until your procedure. They will thin the lining of your uterus, and that will make your procedure shorter and easier. They will also prevent pregnancy right before your procedure. You can also use these for the 3 months after the procedure, when you will need back-up birth control.
- **Ativan** (also called lorazepam), 2 mg pill: Bring this pill to your procedure. You will take it after you check in. This is a mild sedative that will make you feel relaxed.
- **Ibuprofen**, 800 mg pill: This is for any pain after your procedure.

## How to Prepare for Your Procedure

- Do **not** have intercourse for 2 days before your procedure.
- Because you will be taking a sedative, you will **not** be able to drive on the day of your procedure. **Be sure to have someone with you to drive you to and from your appointment.**

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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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- Please arrive 15 to 20 minutes before your appointment time so we can get you settled in your room and prepare you and the room for your procedure.
- You can eat and drink as usual the night before and morning of your procedure. But, you may not want to eat anything for about 1 hour before the procedure if you get nauseated easily.
- A pregnancy test will be done right before your procedure, even if you are currently using birth control.
- After we confirm that you are not pregnant, you will be given a pain medicine called Toradol (also called kertoalac) by injection (shot). This will help lessen pain and cramping during your procedure. Toradol is like a strong form of ibuprofen. Please tell your doctor if you are allergic or sensitive to NSAID medicines (nonsteroidal anti-inflammatory drugs) or aspirin.

## What to Expect During the Procedure

You will be awake during your Essure placement. You may have:

- Mild discomfort or pain before the procedure, while your cervix is being numbed with *lidocaine*, a local anesthetic
- Mild cramping during the procedure

You should not have any severe pain during the procedure. If you do, tell your doctor right away and the procedure will be stopped.

The entire procedure, from numbing of your cervix until the Essure is placed, usually takes about 15 to 30 minutes. You should expect to be at the center for about 1 hour.

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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