After Your Essure Placement

What you should know

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
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.

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.