You are scheduled for an Essure placement for permanent birth control. This handout will help you keep track of your appointments and who you will meet with at each one.

- Please arrive 15 minutes early for all of your appointments.
- Parking is available in the garage below the building. See next page for parking information and a map.
- Bring your parking ticket to the front desk to be validated for discounted parking.

**Pre-op Appointment**

Your **pre-op appointment** is with Dr. ________________________ on ___________________, _____________________, at ________________.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
</table>

At this visit, you will:

- Learn how to prepare for your procedure.
- Receive information about the medicines you will need to take.
- Be able to ask questions.
- Receive the handout “Your Essure Placement.” Please follow the instructions in that handout.

**Placement Appointment**

The same doctor you met with at your pre-op visit will do your Essure placement procedure. Your **Essure placement procedure** will be on ___________________, _____________________, at ________________.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
</table>

**Your pre-op and Essure placement appointments will be at:**

Women’s Health Care Center, Roosevelt Clinic
4245 Roosevelt Way N.E., 3rd Floor
Seattle, WA
Follow-up Appointment

Your 3-month follow-up appointment is with Dr. ______________ on ____________________, _____________________, at ______________.

- Please check in for this appointment at Radiology on the 2nd floor of the Roosevelt Clinic.
- At your follow-up visit, you will have an X-ray test called a hysterosalpingogram (HSG). This test checks the placement of your Essure insert.

Important Information About Birth Control

Until your doctor confirms the placement of your Essure at your 3-month follow-up appointment, it is not effective birth control. You must use a back-up birth control method for 3 months after your Essure is placed.

Map to Women’s Health Care Center