

**HOME CARE INSTRUCTIONS FOLLOWING
ESSURE PROCEDURE FOR STERILIZATION**

Page 1 of 2

Date: _____

ACTIVITY

1. Resume daily activities when able, usually within 24 hours.
2. Use common sense about increasing activity. You should be able to return to work within 24 hours.
3. You may feel faint or nauseous. Follow your physician's recommendations regarding activity the first 24 hours after your procedure.

COMFORT

1. If you experience cramping or backache, Ibuprofen or Acetaminophen may be recommended by your physician.
2. Watch for severe pain, excessive bleeding, passing clots or fever over 101 degrees.
3. No tampons, douching or intercourse until vaginal bleeding has stopped (1-2 weeks).
4. Spotting or light bleeding is normal. If bleeding becomes heavy, (more than 1 pad saturated in one hour) contact you physician.

IN 3 MONTHS

1. You will need to visit your physician 3 months after your Essure procedure to have an evaluation including a test called a hysterosalpingogram (HSG). The evaluation is performed to make sure both of your Essure micro-inserts are in the correct position and that both of your tubes have been blocked.
2. You **MUST** use another form of contraception, **OTHER THAN AN IUD OR IUS** until you have this test and your physician tells you that you can rely on Essure for contraception.
3. IF you rely on Essure for contraception before completing this evaluation, you may become pregnant or have an ectopic pregnancy (pregnancy outside uterus, but inside body.) Ectopic pregnancies can be life-threatening!

MEDICATION

1. New medications:

2. Last dose of pain medication:

DIET

Some of the sedative/anesthetic medication you received today may make you nauseated. Begin with clear liquids and then progress to solid foods as your stomach tolerates them. If you become nauseated, tea or carbonated beverages are helpful. If **vomiting** persists, call your doctor.

SAFETY

1. You can expect to feel dizzy, weak and drowsy for as long as:
 - 24 hours after receiving a general anesthetic.
 - 12 hours after receiving sedation.
 - While taking prescription pain medication.
2. Please follow these instructions for that time:
 - a. **DO NOT** drive a car or operate machinery. Your reflexes and coordination are not up to normal. Have standby assistance on stairways and when showering.
 - b. No alcoholic beverages today.
 - c. Postpone signing any important papers or making any important decisions.





Wausau, WI

715.847.2121 ~ 800.283.2881

**HOME CARE INSTRUCTIONS FOLLOWING
ESSURE PROCEDURE FOR STERILIZATION**

Page 2 of 2

Date: _____

3. Because of the effects of anesthesia/sedation we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.

You will be given a completed patient ID card before you leave. Keep your ID card with you at all times and present it to other physicians involved in your present or future care.

WHEN TO CALL

If any of the following symptoms occur: SEVERE PAIN, EXCESSIVE BLEEDING (SATURATING MORE THAN ONE PAD/HOUR), FEVER (101° OR ABOVE), PERSISTENT NAUSEA AND VOMITING, RASH OR ANY CONCERN ABOUT YOUR RECOVERY.

WHO TO CALL

DR.

PHONE:

AFTER HOURS #:

Aspirus Day Surgery Plus

Open 6:00 a.m.-7:00 p.m., Monday - Friday

Phone: 847-2907

RETURN APPOINTMENT

DR:

DATE/TIME:

SCHEDULE YOUR HSG APPOINTMENT FOR 3 MONTHS!

DATE/TIME:

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of an emergency, please go to your nearest emergency facility.

I have discussed the above information with a nurse and my questions have been answered to my satisfaction.

Patient or Responsible Party Signature

Date/Time

RN Signature

Date/Time