

**ESSURE PROCEDURE**  
**POST PROCEDURE PATIENT CHECKLIST**

**Patient Name:** \_\_\_\_\_

The following information is provided for your consideration and should not replace the advice of your physician. Each of these points will be discussed with you prior to your discharge. Please ensure all of your questions have been answered to your satisfaction.

**After your Procedure**

(Check each item as it is discussed)

**Going Home**

- You will be given a completed patient ID card before you leave.
- Keep your ID card in your wallet. Contact your physician before having any procedure that involves the uterus or fallopian tubes.
- Make sure you have a designated person to take you home after the procedure.

**When You are Home**

**Pain**

- If you are experiencing cramping or backache, take medication per your physician's recommendation.
- You may feel faint or nauseous. Follow your physician's recommendations regarding activity during the first 24 hours after your procedure.

**Bleeding**

- Spotting or light bleeding is normal. If bleeding becomes heavy, or you are concerned, please contact your physician.

**Intercourse**

- You can have sexual intercourse after the bleeding stops and you feel comfortable, BUT you MUST remain on alternative contraception until after your 3 month visit.
- Please call your physician if your period is more than five days late.

**In 3 Months**

- 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 that both of your Essure micro-inserts are in the correct position and that both of your tubes have been blocked.
- You MUST use another form of contraception, other than an IUD, until you have this test and your physician tells you that you can rely on Essure for contraception.
- **If you rely on Essure for contraception before completing this evaluation, you may get pregnant, or have an ectopic pregnancy (pregnancy outside your uterus, but inside the body). Ectopic pregnancies can be life-threatening.**

Contact \_\_\_\_\_ at \_\_\_\_\_ to schedule your HSG appointment.