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Instructions after your Essure[®] Permanent Birth Control Procedure

Going Home

- Obtain a completed ID card before you leave. Keep your ID card with you at all times and present it to other doctors involved in your present or future care.
- Consider having someone drive you home.

When You are Home

- If you are experiencing cramping or backache, follow your doctor's instructions regarding pain medication.
- (Describe) medication: _____
- You may feel faint or nauseous. Follow your doctor's recommendations regarding activity during the first 24 hours following your procedure.
- Spotting or light bleeding is normal. If bleeding becomes heavy, or you become concerned, please contact your doctor.
- You can have sexual intercourse after the bleeding stops and you feel comfortable, BUT you MUST remain on another form of birth control until your doctor tells you that you can rely on the *Essure* device for birth control.
- Please call your physician if your period is more than five days late.

In 3 Months — Essure Confirmation Test

- You will need to visit your physician three months after the *Essure* procedure to have a special type of x-ray test called the *Essure* Confirmation Test. The test is performed to make sure that both of your *Essure* micro-inserts are in the correct position and that both of your tubes are blocked so that you can be sure you can rely on the *Essure* micro-inserts for permanent birth control.
- You MUST use another form of birth control, other than an IUD or IUS, until you complete the test and your doctor confirms that you can rely on the *Essure* device for birth control.
- If you rely on the *Essure* device for birth control before completing the *Essure* Confirmation Test, you may get pregnant or have an ectopic pregnancy (pregnancy outside of your uterus, but inside the body). Ectopic pregnancies can be life-threatening; so if you think you might be pregnant, please call your physician.

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