

# New Millennium Obstetrics & Gynecology, LLC

Pre / Postoperative Instructions: ESSURE™

## Preoperative Instructions

Before your procedure, you will have three office visits: one consultation visit, one visit to place the micro-inserts, and one follow-up visit at 3 months to check for tubal occlusion and proper micro-insert location.

On the day of your procedure, you will be instructed to take certain medications 1-2 hours before the start of the procedure.

## Postoperative Instructions

You should have someone to drive you home and rest for 45 minutes following the procedure (*before* going home). Follow your doctor's instructions to report any unusual pain, bleeding or high fever. Typically, you may return to regular activities within 1-2 days of the procedure.

There is a three-month waiting period when another form of contraception must be used. You will need a hysterosalpingogram (a special kind of x-ray) before you can rely on Essure. The purpose of this test is to make sure that both of your tubes are blocked and both of your devices are in the correct position. You must continue to use another form of contraception until your doctor instructs you that you can rely on Essure for birth control.

Typical temporary effects of the procedure may include: cramps (like menstrual cramps), discharge (like a light menstrual flow or spotting), mild nausea or vomiting associated with the procedure, fainting, or light-headedness following the procedure.

I have been given the Essure Pre/Postoperative Instructions and understand the instructions as stated above.

\_\_\_\_\_  
Patient Signature

Date: \_\_\_\_\_