ADAMS PATTERSON GYNECOLOGY & OBSTETRICS

A DIVISION OF WOMEN'S CARE CENTER OF MEMPHIS

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ESSURE PROCEDURE POST-OPERATIVE INFORMATION

- SOMEONE WILL NEED TO BRING YOU TO OUR OFFICE, STAY DURING THE PROCEDURE AND DRIVE YOU HOME.
- YOU MAY EXPERIENCE MENSTRUAL TYPE CRAMPING AND/OR BACKACHE IMMEDIATELY AFTER THE PROCEDURE. YOU MAY BE GIVEN A PAIN PILL PRIOR TO LEAVING OUR OFFICE. IF SO, OUR NURSE WILL INFORM YOU. TAKE 800 MG IBUPROFEN EVERY 8 HOURS FOR 24 HOURS, THEN AS NEEDED. IT IS NOT UNUSUAL TO EXPERIENCE SOME MENSTRUAL TYPE CRAMPING. IF NEEDED, YOU MAY TAKE A PAIN PILL EVERY 4 HOURS. MANY PATIENTS WILL NOT NEED ANY PAIN MEDICATION.
- RESUME ALL ACTIVITIES AS DESIRED.
- SEXUAL INTERCOURSE MAY BE RESUMED AFTER VAGINAL BLEEDING SUBSIDES. BUT YOU MUST REMAIN ON ANOTHER FORM OF BIRTH CONTROL UNTIL AFTER THE 3 MONTH CONFIRMATION TEST IS DONE AND TUBAL OCCLUSION IS CONFIRMED.
- CALL THE OFFICE IF YOUR TEMPERATURE IS OVER 100 DEGREES, IF BLEEDING HEAVIER THAN YOUR NORMAL PERIOD OCCURS, OR IF YOU DEVELOP UNUSUAL PELVIC PAIN OR DISCOMFORT.
- KEEP YOUR ESSURE ID CARD WITH YOU AT ALL TIMES AND PRESENT IT TO OTHER HEALTHCARE PROVIDERS INVOLVED IN YOUR PRESENT OR FUTURE CARE.

- **YOUR 3 MONTH WAITING PERIOD (AFTER ESSURE) WILL EXPIRE:_____. PLEASE CALL OUR OFFICE SO WE MAY SCHEDULE YOUR TUBAL CONFIRMATION TEST.**

- **THE DEPO PROVERA FOR CONTRACEPTION INJECTION THAT YOU WERE GIVEN PRIOR TO THE ESSURE WILL NO LONGER BE EFFECTIVE AFTER: _____.**

- **YOU MUST EITHER BEGIN BIRTH CONTROL PILLS ON: _____**

  OR
- **YOU MUST HAVE AN ADDITIONAL DEPO PROVERA INJECTION BY:_____.**

Medications given in office on day of procedure:

TORADOL 60 MG IM @
PAIN PILL @