

Instructions for Essure

Essure pre-op preparation:

- 1) Take Motrin 800mg the night before your procedure.
- 2) The night before the procedure eat a reasonable meal and get a good nights rest.

The morning before your Essure procedure:

- 1) Eat a light breakfast or lunch. You should not take your medications on a completely empty stomach.
- 2) Take Motrin 800mg, Valium 5mg, Percocet 7.5mg, and Compazine 10mg 1-2 hrs prior to your procedure. Have someone drive you to and from your appointment.
- 3) Arrive 30 min. prior to your procedure. At that time a nurse will give you an intramuscular injection of Toradol (another anti-inflammatory medication similar to Motrin)
- 4) Local anesthetic will be injected into your cervix.

After your Essure procedure:

- 1) Eat a light dinner.
- 2) Discomfort is the most common complaint 2-6 hours after your procedure. You may continue to take the Motrin every 6-8 hours for 24 hours, and the Percocet as needed. Please call if your pain is not well controlled.
- 3) Fever may be a sign of infection. If your temperature is greater than 100.4 please call us immediately.
- 4) Nausea may also be common after your procedure. You may try consuming small amounts of clear liquids, ginger ale, or Sprite. You may also continue the Compazine. If it is severe please call us immediately.
- 5) Work may be resumed in 1-2 days.