

Essure

Post Procedure Instructions

1. Following your procedure you may have vaginal discharge that is bloody or watery. This is not unusual and should subside over the next few days.
2. Do not put anything in the vagina for the next 2-3 weeks: no douches, tampons or sexual intercourse, as bleeding may occur.
3. Please call our office if you have any of the following symptoms:
 - Bleeding heavier than a menstrual period
 - Severe cramping
 - Fever over 101 degrees, shaking and/or chills
 - Foul smelling discharge
 - Any other symptoms of concern
4. You may resume a regular diet.
5. You may return to work 24 hours after the procedure.
6. You **MUST** use another form of contraception for at least 3 months until you have a hysterosalpingogram to ensure your tubes have been blocked.