

Post-Procedure Instructions: Essure

- Rest as needed today.
- Some soreness and discomfort are to be expected for two to three days following the procedure.
- Use prescribed or over the counter medications as directed.
- You may experience some spotting or vaginal bleeding for the first two to three days following the procedure. This is normal.
- Pelvic rest is recommended, meaning nothing should be put in the vagina until your bleeding has stopped. Sexual intercourse may be resumed once your discomfort and vaginal bleeding have subsided.
- Use another form of birth control until you have your HSG (hysterosalpingogram). This test is necessary to ensure the Essure procedure has effectively occluded both of your fallopian tubes and confirms sterilization. **We will schedule you for the HSG in three months. HSGs are performed at Baystate Medical Center in the Radiology Department on the third floor of the Daly Building.**
- The HSG can cause some mild, “crampy” discomfort. You may take ibuprofen (600-800 mg) one hour before your HSG appointment if you are not allergic to ibuprofen or aspirin.
- Carry the Essure patient ID card with you at all times.
- In the future, before having any procedure that involves the uterus or fallopian tubes, make certain that you tell your healthcare provider that you have had the Essure procedure.
- **Call us at (413) 794-8484 (even outside of normal office hours) if you have:**
 - Heavy vaginal bleeding (soaking through one or more pad per hour, for three hours).
 - A fever over 100° F within the first three days following the procedure.
 - Significant pelvic or abdominal pain, not relieved with over-the-counter pain relievers.
 - Foul-smelling vaginal discharge.