

Essure

What to do when you go home

After your procedure

- You will be able to go home within 45 after the procedure.
- An adult needs to take you home.
- Rest when you get home.
- Most women return to normal activities the next day.
- You may have some cramping or light bleeding for a few days. You may take acetaminophen (Tylenol) or ibuprofen (Advil).
- Put nothing in your vagina for 24 hours.
- Use menstrual pads not tampons.
- Do not bathe, swim or go in a hot tub for 24 hours.

Birth control

- You must continue to use birth control until you have had the confirmation test. This test is usually about 12 weeks after the procedure.
- The confirmation test is done to confirm that your fallopian tubes are blocked. The test is called a sonohysterogram.
- Your doctor will call you with an appointment.