

Instructions after your Essure Tubal Procedure:

- You may resume normal activities today after the medication wears off
- You may resume intercourse when spotting stops. This may take a couple of days
- Call if fever of 101° or greater or pain not controlled by the Ibuprofen, bleeding heavier than a pad an hour, or any other questions or concerns. Office number is 815-899-8080.
- Take Ibuprofen 600 - 800 mg (3-4 over the counter tablets) every 6 - 8 hours with food for discomfort
- Set up an appointment for a hysterosalpingogram (HSG - x-ray to prove your fallopian tubes are blocked) 12 weeks after procedure is completed today or on follow up visit
- Continue birth control until HSG confirms tubes are blocked
- You have been given a wallet card today stating you have Essure coils placed in your tubes. Please present this card if you ever have to have a MRI or CT scan or if you would ever need a surgery involving your uterus, such as a D & C.
- We hope you had a good experience today. A nurse will call you in a few days to see how you are doing. Thank you for choosing Prairie Point Ob/Gyn!