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## ESSURE PRE-OP MEDICATION INSTRUCTIONS

### ONE TO TWO WEEKS BEFORE:

Take progesterone (Prometrium 200mg or Provera (medroxyprogesterone) as directed on prescription. If you received the Depo Provera injection, you will not need to take the progesterone tablets.

### NIGHT BEFORE PROCEDURE:

Take over-the-counter Ibuprofen (Motrin or Advil) THREE (3) tablets (600mg) by mouth with your evening meal.

Place one Cytotec (misoprostal) 200mcg VAGINALLY at bedtime.

### MORNING OF PROCEDURE:

Place one Cytotec (misoprostal) 200mcg VAGINALLY when you wake up.

Take Toradol (ketorolac) 10mg TWO tabs 30 minutes prior to arriving for your procedure.

Take 1 Hydrocone tablet (if prescribed by your physician) by mouth with a small meal 30 minutes prior to arriving for your procedure.

Take Valium 10mg tablet (if prescribed by your physician) 30 minutes prior to arriving for your procedure.

Eat a light meal before you arrive, and drink water so that your bladder is mostly full.

**HAVE SOMEONE DRIVE YOU TO AND FROM YOUR APPOINTMENT.**

**PLEASE ARRIVE AT SUITE #203, 30 MINUTES PRIOR TO YOUR SCHEDULED APPOINTMENT TIME.**

**Please leave a urine sample if you need to urinate upon arrival to the office.**

### Medications that will be called in to your pharmacy (if checked):

\_\_\_\_\_ Cytotec (misoprostal) 200mcg #2 VAGINAL tablets

\_\_\_\_\_ Hydrocodone 5/500mg # \_\_\_\_\_

\_\_\_\_\_ Toradol (ketorolac) 10mg #2 tabs

\_\_\_\_\_ Valium (diazepam) 10mg #1

\_\_\_\_\_ Prometrium 200mg or Provera (medroxyprogesterone) 10mg # \_\_\_\_\_

SAN MARCOS  
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NEW BRAUNFELS



# Instructions following your Essure® Procedure

## Going Home

- Obtain a completed ID card before you leave. Keep your ID card with your health insurance card and present it to other doctors involved in your present or future care.
- Consider having someone drive you home.

## When You are Home

- If you are experiencing cramping or backache, follow instructions regarding pain medication.
- You may feel faint or nauseous. Follow your doctor's recommendations regarding activity during the first 24 hours following your procedure.
- Spotting or light bleeding is normal. If bleeding becomes heavy, or you become concerned, please contact our office.
- You can have sexual intercourse after the bleeding stops and you feel comfortable, BUT you MUST continue to use another form of birth control until you return for your Essure Confirmation Test and your doctor tells you that you can rely on Essure for birth control.
- Obtain information and set-up your appointment for your Essure Confirmation Test
- Please call your physician if your period is more than five days late.

## In 3 Months – Essure Confirmation Test

- You will need to visit your physician three months after the Essure procedure to have the Essure Confirmation Test to verify that you are protected from unplanned pregnancy. The test uses a dye and special type of x-ray to ensure both that the inserts are in place and that the fallopian tubes are completely blocked so that you can rely on Essure for birth control.
- You MUST continue to use another form of birth control, other than an IUD, until you complete the test and your doctor confirms that you can rely on Essure for birth control.
- If you rely on Essure for birth control before completing the Essure Confirmation Test, you may get pregnant or have an ectopic pregnancy (pregnancy outside of your uterus, but inside the body). Ectopic pregnancies can be life-threatening; so if you think you might be pregnant, please call your physician.

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