

## Pre-Op Instructions for Essure Procedure in the Clinic

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Your **Essure** procedure will be on \_\_\_\_\_ at \_\_\_\_\_,  
In the Obstetrics and Gynecology Clinic in the Von Voigtlander Women's  
Hospital Clinic floor 9, Rec B.

Please read the Essure information given to you in clinic.

### **What should I do the day before my procedure?**

You will receive a phone call from a nurse in the OBGYN Clinic one business day before your procedure. If you have any last minute questions this will be the time to have them answered.

### **What should I do on the day of my procedure?**

You may eat a light meal up to 2 hours before your procedure. Then you should have nothing to eat and drink.

In some cases when conscious sedation is planned:

- **Do not eat** for 6 hours before to your procedure
- **Do not drink** for 4 hours before your procedure

Before the procedure, you will receive a medication called Toradol® in the form of a shot.

### **What will I do after the procedure?**

You will remain in the exam room for observation for about 30 minutes and will receive discharge instructions.

You must have a responsible adult accompany you to your procedure and drive you home.

If you need to **cancel or change** your procedure, please call the surgery schedulers at 734 -763- 6495

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