

What is Essure?

Essure is a permanent birth control procedure. This is a procedure where a doctor places a small flexible coil into each of the fallopian tubes. The doctor will first use a thin tube with a tiny camera to look inside the uterus and identify the fallopian tubes. There are no incisions.

Why is this procedure used?

The procedure is a form of permanent birth control that is 99.8% effective against pregnancy. However, a back-up method of birth control needs to be used for 3 months after insertion.

How do I prepare for procedure?

- The hysteroscopy **cannot** be performed **during your menstrual cycle** or if you **may be pregnant**.
- The best time to perform this procedure is within 7 days after your period ends. If you are actively bleeding 2 days before the procedure, please call 734-763-6295 to reschedule your appointment.
- There are no restrictions on activity or diet before the hysteroscopy unless otherwise instructed by your doctor.
- Unless otherwise instructed by your doctor, you may take 600 mg of Motrin 1-2 hours prior to the procedure and every 6 hours following the procedure if necessary. Most women tolerate the hysteroscopy without any medication.

What can I expect when I arrive at the Taubman clinic?

- You will check in at the clinic front desk.

- Your blood pressure, heart rate and temperature will be checked before you are taken to a room in the clinic.
- You will be asked to change into gown.
- You will be asked to give a urine sample. A urine pregnancy test will be performed before the procedure.

What can I expect during the procedure?

- Your blood pressure and heart rate may be checked again during the procedure, if necessary.
- Anesthesia is not normally used for this office procedure.
- Hysteroscopy typically lasts 5 minutes or less.
- A speculum is placed in the vagina just like during a routine pelvic exam. The cervix is cleaned with iodine or another cleansing solution. The thin tube with a tiny camera is inserted through the cervical opening into the inside of the uterus. If you wish, you can watch the procedure on a television monitor. Any findings will be explained to you during the procedure.
- If you have problems with pelvic exams, please talk with your referring doctor before scheduling an appointment for hysteroscopy. The doctor who recommended hysteroscopy can contact our office to determine if this procedure can be done in the office.
- Most patients experience little or no discomfort.

What are possible risks from this procedure?

Although there can be problems that result from surgery, we work very hard to make sure it is as safe as possible. However, problems can occur, even when things go as planned. You should be aware of these possible problems, how often they happen, and what will be done to correct them.

Possible risks during surgery include:

- **Bleeding/spotting**
- **Pain**
- **Nausea/vomiting**
- **Dizziness/light-headedness**
- **Damage to the vagina, cervix, or uterus.**
- **A blood clot in the legs or lung:** Swelling or pain, shortness of breath, or chest pain are signs of blood clots. Call you doctor immediately if any of these occur.

Possible risks that can occur days to weeks after surgery:

- **Infection:** Fever
- **Scar tissue:** Tissue thicker than normal skin forms at the cervix or uterus.

What happens after the procedure?

- You may experience mild cramping which should end when the procedure is finished.
- You may experience spotting or watery discharge following the procedure.

What problems should I pay attention to after the procedure and once I'm at home?

If you experience excessive bleeding, cramping, fever, chills, abdominal or pelvic pain please call our office (734-763-6295). After 5 p.m. call the UMHS paging operator at 734-936-6267 to speak with the On-Call Gynecology Doctor.

Will I have any limitations afterwards?

Please refrain from sexual intercourse and do not put anything in your vagina for 24 hours. There are no other restrictions on activity or diet following the procedure, unless otherwise instructed by your doctor.

Follow-up

You should have an appointment scheduled with your doctor for 4-6 weeks after procedure.

If you have any further questions or concerns about getting ready for surgery, the surgery itself, or after the surgery, please talk with your doctor.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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