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## **ESSURE STERILIZATION PROCEDURE**

### PRE-PROCEDURAL INSTRUCTIONS

Procedure Date: \_\_\_\_\_ Time: \_\_\_\_\_

1. You must be driven to and from the procedure.
2. Although the procedure takes approximately 25 minutes, anticipate being in the office 1-2 hours.
3. On the day of the procedure eat a light breakfast/lunch prior to arriving in the office.
4. A urine pregnancy test is required the day of your procedure, so please do not empty your bladder immediately before arriving in the office.
5. Please take 800mg of Ibuprofen (Motrin, Advil) the evening prior to the procedure and repeat 2 hours prior to your appointment.
6. You will be given an oral sedative and injection of pain medication to reduce cramping during the procedure.
7. You should have Advil or Motrin at home for use after the procedure to use as needed for cramping. You will also receive a prescription for pain medicine to be taken for more moderate discomfort.
8. Plan to stay home and not to be alone for the remainder of the day.
9. You may resume most normal activities the day after the procedure.
10. You may experience a watery discharge and spotting that may last up to 3 days following the procedure.

If you have any questions prior to the procedure please call the office: 954-472-2201

If you need to reschedule your procedure, the courtesy of 24 hours notice is greatly appreciated.