

### *Hysteroscopy/ESSURE Instructions*

1. Preprocedure – You should be abstinent or use highly effect birth control for 14 days prior to procedure in order to avoid accidental interruption of an early pregnancy.
2. Spotting – You may notice some vaginal spotting for the first week after the surgery. During this time a sanitary pad may be used but avoid using tampons or douching as this may introduce bacteria and cause an infection.
  - Depoprovera is given on prior to discharge home from the hospital. This will cause spotting and irregular menses for the next three months.
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3. Pain Medication – Most patients use a combination of over the counter Ibuprofen and a prescription narcotic for pain control after the procedure. Take two 200mg tablets of Ibuprofen the night before your surgery. After the surgery is over take three 200mg tablets every eight hours for the next three days. The prescription narcotic should be taken as directed and as needed.
4. Diet – Most people are able to begin to eat and drink a few hours after the procedure. Begin with a light meal and then advance your diet as tolerated.
5. Activity – Increase your activity as tolerated with no lifting more than 15 pounds for the first weeks after the surgery. Be sure to move extremities – i.e. rotate ankles and flex knees during this period of decreased activity as this promotes good venous return and prevents blood clots. Avoid driving for the 3-5days after the surgery or longer if you continue to require pain medication.
6. Sexual Activity – You should wait two weeks after the surgery is over. Your doctor will let you know when it will safe to begin activity again. More importantly you should wait until you feel emotionally ready to begin this intimate activity which may take longer than two weeks.
7. Hystosalpingogram – Three months after procedure you are required to have dye injected through you uterus to confirm you fallopian tubes are occluded.
8. Reasons to Notify Our Clinic –
  - Worsening pain
  - Foul smelling vaginal discharge
  - Fever greater than 100.4 degrees farenheight.
  - Vaginal bleeding that soaks a pad an hour. If you are at all concerned about bleeding please contact our office immediately.
  - Nausea/vomiting that prevents you from receiving good pain control.
9. Numbness – New onset of numbness in the legs is not normal and could indicate a serious condition. If that occurs contact our office if this occurs.

PAMELA A. M<sup>C</sup>QUILLIN, M.D., P.A.