

Sterilization with Essure® method

Sterilization is a method of birth control. The procedure is usually performed after the end of a menstrual period.

Procedure

Essure sterilization is an endoscopic procedure performed through the vaginal opening. A microinsert is implanted in both Fallopian tubes. The microinserts are made of material that makes fibrous tissue grow around them so that the Fallopian tubes will be permanently blocked.

The growth of the fibrous tissue takes approximately **three months. During this time another form of birth control, such as condom or the pill should be used. Essure sterilization cannot be reversed later.** During the procedure relaxing medication and painkiller is given, if needed.

Recovery

Vaginal bleeding usually lasts 1–10 days. Because of a risk of infection sexual intercourse, bathing, swimming, and using tampons should be avoided as long as the bleeding lasts. Washing the genital area, and sanitary napkin change are recommended every time when using the toilet.

Sterilization is a very reliable birth control method. However, the possibility of a pregnancy should be kept in mind if menstruations stop unexpectedly.

Treatment of pain

It is possible that you feel lower abdominal pain after the procedure. Non-prescription painkillers are usually sufficient for pain management at home.

Paracetamol

Anti-inflammatory

Strong painkiller

Other medication

Follow-up visit is at the gynaecological outpatient clinic approximately three months after the procedure. The positions of the microinserts are checked with ultrasonography.

For **sick leave** the procedure day is usually enough. Heavy physical activity should be avoided during the day.

Contact us

If you develop inflammatory symptoms, a temperature, low abdominal pain, bloody discharge that becomes heavier, or continues for more than 10 days after the procedure, you should contact the gynaecological outpatient clinic or the ward.

Gynaecological Outpatient Clinic on working days from 14.00–15.00 tel. **(06) 323 2012**,

Gynaecological Ward A5 at other times tel. **(06) 323 2092**, or

Day Surgery Unit A2 on working days from 07.00–17.00 tel. **(06) 323 1552**

We wish you happy healing!