

# Female Sterilisation

## Commonly known as 'Tubal Ligation'



Sterilisation is a safe and permanent contraceptive method involving a surgical procedure.

Female sterilisation involves preventing the sperm reaching the egg by blocking the fallopian tubes.

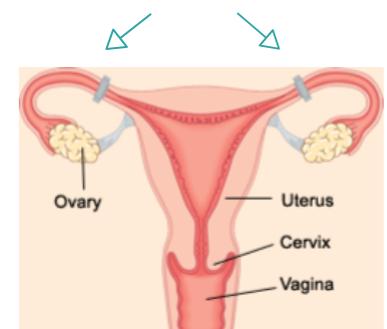
Fallopian tubes are the tubes eggs travel down to the uterus.

The only form of female sterilisation is Tubal Ligation (known as having your tubes tied).

## What is Tubal Ligation?

- Tubal ligation is where the fallopian tubes are blocked with small clips.
- It works by stopping the egg from moving through the fallopian tube, which prevents the sperm from meeting the egg.
- The ovaries will continue to produce eggs but these will be absorbed by the body.
- It is 99.5% effective at preventing pregnancy.
- This procedure should be considered as a permanent method of contraception.
- If this procedure is reversed there is around a 50% chance getting pregnant.

Clips on the fallopian tubes



## How do I get a Tubal Ligation?

**Step 1** If you are considering a tubal ligation you should see your doctor for an appointment. They will explain the procedure, organise a referral for you to see a gynaecologist and arrange any necessary tests.

**Step 2** During your appointment with the gynaecologist, they will carry out an assessment to see if you're suitable for the procedure. If you are deemed suitable and are a private patient, a date for the surgery will be arranged. If you are a public patient, you will be placed on the surgical waiting list.

### Step 3 Tubal Ligation Surgery

- A small cut is made in the stomach and the clips are placed on the fallopian tubes.
- You will need a general anaesthetic and can usually go home the same day. In some instances you may have to stay in hospital over night.

**Step 4 Recovery** - Some post operative discomfort is common.



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## Advantages of a Tubal Ligation

- Very effective and lasts forever.
- You can have it done at a public hospital at no cost. Waiting times can be long.
- Does not usually change your monthly cycle (period). Women whom have used hormonal contraception previously may notice a change in bleeding.
- An alternative to hormonal contraception.
- Does not affect sexual arousal, enjoyment, response or orgasm.



## Possible side effects

- Scarring and/or bruising at the wound site.
- Post operative infection.
- Abdominal and shoulder pain for a few days after the procedure.
- Damage to blood vessels or the bowel during surgery. This is very rare.



## Is a Tubal Ligation right for me?

Tubal ligation may not be the best option if you:

- Don't have any children and think you might want children later.
- Are young (particularly aged under 30 years) as you are more likely to want a tubal ligation reversed.



## What else do I need to know?

- There can be damage to blood vessels or the bowel through surgery. This is very rare.
- You can breast feed after a tubal ligation.
- Tubal ligation does not protect you from sexually transmissible infections (STIs).