

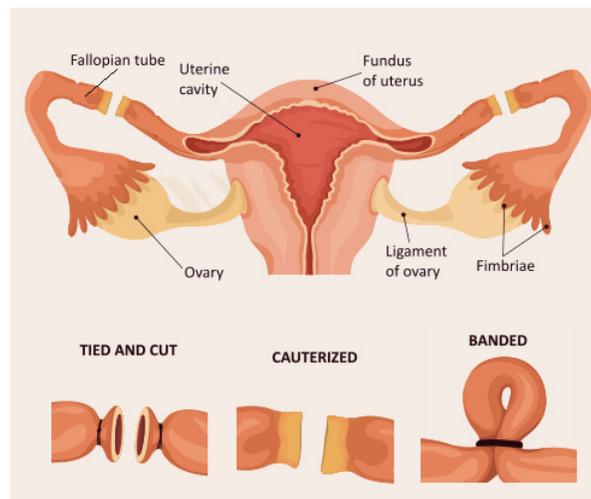
# Tubal Ligation

## What Is a Tubal Ligation?

Tubal ligation, also known as “tubal sterilization” or “having your tubes tied,” is a surgical procedure that disconnects the fallopian tubes from the uterus.

Though it protects against pregnancy, **it does not prevent sexually transmitted infections (STIs).**

During the menstrual cycle, ovulation occurs, meaning an egg leaves one of the ovaries and travels through the fallopian tubes toward the uterus. Tubal ligation prevents pregnancy by blocking or disconnecting the fallopian tubes so that an egg cannot reach the uterus to become fertilized by sperm.



## How Effective Is a Tubal Ligation?

Tubal ligation is 99.5% effective and is meant as a permanent form of contraception. It is sometimes reversible; however, the procedure to do so is difficult, risky and costly.

In rare cases (<1%), it is possible to become pregnant within a year after tubal ligation. If this occurs, there is a risk of an ectopic pregnancy, meaning a fertilized egg has implanted outside of the uterus. This requires immediate medical treatment and cannot be carried to birth.

**Tubal Ligation prevents pregnancy, but the consistent and proper use of condoms is still necessary for protection against sexually transmitted infections.**

### **How Do I Get a Tubal Ligation?**

If you have decided to get a tubal ligation, you will need to talk to your doctor, who can recommend a gynecologist. The procedure is performed by a gynecologist, who will meet with you first to go over any questions or concerns.

A small incision is made under the belly button to insert a small lighted telescope. This lets the doctor see the uterus, fallopian tubes, ovaries, and other organs.

A second instrument is inserted into the abdomen through a small incision made just above the pubic bone. The fallopian tubes are then blocked or disconnected by clips, cauterizing, or cutting and tying.

The time required for recovery varies for each patient. Side effects could include abdominal pain, tiredness, nausea, and dizziness. Side effects usually cease within 2-5 days. Sexual activity, including intercourse, can resume as soon as you are feeling comfortable, usually 5-7 days afterwards.

### **What About Reversal?**

It is not always possible to reverse this procedure. Even when it is a possibility, it is not recommended as it is a risky surgical procedure.

While the tubal ligation procedure is covered by MCP, the reversal procedure is not, so it can be costly.

### **Does a Tubal Ligation Have Any Effects on Sexual Satisfaction?**

Tubal Ligation only affects where the egg can go. The fact that the eggs cannot travel to the uterus has no effect on hormones, menstrual cycles, desire, sexual functioning, or ability to orgasm.

Many individuals find that their sexual relationship(s) improves because they no longer worry about contraception, and therefore have a sense of freedom.

## **What Are the Negative Side Effects?**

Some possible side effects can include pain, bleeding, or nausea following surgery. *The most common problem with a tubal ligation is the possibility of changing your mind or regretting your choice*, so it is important to make an informed decision.

## **Tubal Ligation MAY Be an Option for You If...**

- You and your partner are *sure* you do not want to have more children or any children at all
- You are *sure* you will not change your mind, or have another partner with whom you would want children
  - You want a very effective, long term contraceptive method
    - You want a very private contraceptive method
- You want a contraceptive method that doesn't relate to intercourse (i.e., inserting a barrier before sex)
  - Other contraceptive methods are not an option for you
- You remember that condoms and abstinence are the only way to avoid sexually transmitted infections (STIs). Tubal Ligation will not prevent STIs.

## **Tubal Ligation Is NOT an Option for You If ...**

- You are not 100% sure that you want permanent contraception
  - You are pregnant
- You have health problems which may be aggravated by anesthesia (it is used during the procedure)
- Your partner has a vasectomy, which is an easier procedure with fewer complications (See pamphlet.)

***Remember: Tubal Ligation does not prevent STIs. Be Safe.***

If you have further questions regarding birth control options or would like to see a health care provider regarding any sexual health matter, please contact us.

## **Sexual Health Questions? We have Answers!**

### **Location:**

47 St. Clare Avenue, St. John's, NL, A1C 2J9

### **Hours:**

Monday: 9am – 4:30pm  
Tuesday: 9am – 4:30pm  
Wednesday: 9am – 4:30pm  
Thursday: 12pm – 6:00pm  
Friday: 9am – 4:30pm

**Phone:**

579-1009

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