



## FEMALE STERILISATION OR TUBAL LIGATION

### **What is Tubal Ligation?**

Tubal Ligation (commonly known as "having your tubes tied") is an operation which blocks the Fallopian Tubes thus preventing eggs from uniting with sperms and being fertilised. The effects of sterilisation are permanent. Clients should be carefully counselled before they choose it as their contraceptive method so as to minimise future regret. While it is surgically possible to reverse the procedure, the results have been poor. The procedure is considered 99.5 percent effective.

### **Important points:**

- Permanent method for women who are sure that they will not want more children, therefore, think carefully before deciding;
- Safe, simple surgery. Usually done without putting the woman to sleep. Local anaesthetic blocks pain;
- Very effective;
- No known long-term side effects. Brief discomfort after procedure may be experienced. Serious complications of the procedure are rare; and
- No effect on sexual ability or feelings;

### **Frequently Asked Questions**

For other information and frequently asked questions and answers about Tubal Ligation please refer to

(Pages 165-174)

<http://info.k4health.org/globalhandbook/handbook.pdf>