

Tubal Ligation

What Is A Tubal Ligation?

A tubal ligation is a **permanent** method of birth control. It is an operation that a woman has to close her fallopian tubes (the tube the egg travels through). This prevents egg and sperm from meeting.

Does It Work?

- Tubal ligation is almost always 100% effective.
- It rarely fails. If you miss a period you should call your doctor.

How Is It Done?

- A doctor will do a tubal ligation, using a general (asleep) or local (awake) anesthetic.
- There are many different ways to do a tubal ligation. It is important to ask your doctor how it will be done.
- The operation usually takes 15-30 minutes. You should be able to go home the same day.
- You will probably have some mild discomfort for a few days.

What Are The Advantages?

- It is private and inexpensive form of birth control that is permanent.
- It does not interrupt intercourse.
- There are no long-term side effects.
- Tubal ligation does not affect your hormone levels or sex drive.
- It can be done as a day procedure so little time off work is needed.
- The procedure is effective immediately; no follow-up is needed.

Things To Think About:

- All surgery has some risk, such as bleeding, infection or effects of general anesthetic.
- It does not protect against sexually transmitted infections (STIs) so continue to use a condom if you have more than one partner.
- It is **not easy to reverse** so you must be certain you do not want to become pregnant **ever**.

For More Information Call:

Sexual and Reproductive Health

944-7115

Family Planning Clinics

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|-------------------|-------------------------------|-----------------|
| • Downtown | 323-7th Ave SE | 944-7111 |
| • South | 31 Sunpark Plaza SE | 943-9510 |
| • Sunridge | 406, 2675-36 Street NE | 944-7666 |

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