



Patient & Family Guide
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Tubal Ligation

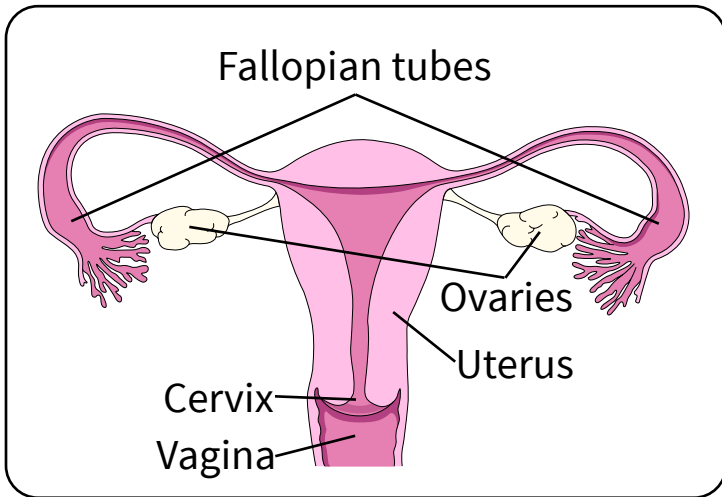


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Tubal Ligation

What is a tubal ligation?

- A tubal ligation is a permanent form of birth control. It is commonly called “having your tubes tied.”
- In this surgery, the fallopian tubes are closed by clips or removed. This keeps sperm from reaching an egg to fertilize it.
- A tubal ligation will not affect how often or how much you bleed during your period.



How is a tubal ligation done?

- A tubal ligation is done in an operating room (O.R.).
- You will have a general anesthetic (medication to put you to sleep during surgery).
- This surgery is done laparoscopically. This means the surgeon uses a laparoscope (a tube with a light on the end) through small cuts in your abdomen (stomach area).
- You should be able to go home on the day of your surgery.

How well does a tubal ligation work?

A tubal ligation works right away. It is more than 99% effective in preventing pregnancy.

What are some benefits (pros) of a tubal ligation?

- It is very effective. Only about 1 out of 200 people may get pregnant after having a tubal ligation. This depends on the way the surgery is done. Talk with your surgeon about how they will do your surgery.
- It is a permanent form of birth control.
- You will not need to worry as much about unwanted pregnancy. Sex may be more enjoyable because you are not worried about birth control.
- There are no side effects, like with hormonal methods of birth control.
- There are no pills or injections to remember.
- You do not need any other birth control supplies.
- If you smoke, this method of birth control is safer than hormonal contraception.
- A tubal ligation may lower your risk of ovarian cancer.
- It is paid for by Nova Scotia's provincial health care plan (MSI).

What are some drawbacks (cons) of a tubal ligation?

- It is permanent.
- If you change your mind and want to get pregnant again, you may need surgery or in vitro fertilization (IVF). The cost of these procedures are not paid for by MSI and do not always work.
- You can still get sexually transmitted infections (STIs).
- There are possible risks and complications from the surgery and anesthetic.
- It is not 100% effective.
- If you get pregnant after having a tubal ligation, it is more likely to happen by a fertilized egg attaching outside of the uterus (womb). This is called an **ectopic pregnancy**. If this happens, you will need follow-up with your health care provider.
- You may have some discomfort for 2 to 7 days. Taking mild pain pills like acetaminophen (Tylenol®) can help.
- Since a tubal ligation is permanent, some health care providers may not agree to do the surgery. If you are sure you want a tubal ligation and understand that it is a permanent method of birth control, it is possible.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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