

## Permanent Birth Control: Tubal Ligation

### What is tubal ligation?

- Tubal ligation is a medical procedure that makes a body with a uterus sterile (unable to get pregnant).
- A tubal ligation is a permanent method of birth control. It works 99.6% of the time.

### How does tubal ligation work?

- During a tubal ligation, the fallopian tubes (tubes that carry egg cells from the ovaries to the uterus) are closed.
- This prevents sperm from meeting and possibly fertilizing an egg.

### How is tubal ligation done?

- A tubal ligation is done in a hospital, using local freezing (similar to the freezing in a dentist's office) or general anesthesia (you will be "asleep").
- A doctor makes a small incision(s) (cut) in the abdomen to reach the fallopian tubes.
- The doctor then closes each tube by using a clamp, or by cutting and tying the tubes, or cauterizing (sealing with heat) the tubes.
- Sometimes, a doctor may insert steel coils into the fallopian tubes through the vagina and cervix.
- This is a day surgery, meaning you will go home the same day.

### Are there any risks to a tubal ligation?

There is very little risk to sterilization when an experienced doctor performs the procedure. A doctor or health care provider will explain any risks.

### Do I have to pay for tubal ligation?

- Tubal ligations are covered by the provincial health care plan.

### How long is the recovery from a tubal ligation?

- You will need to rest for about two days.
- You will need to be slow and gentle with your movements for about a week.
- You may need to avoid heavy lifting and heavy exercise for several weeks.

### Does tubal ligation work right away?

Yes, tubal ligation works right away.

### How soon can sex happen after a tubal ligation?

Your doctor will talk about when sex can resume. Usually, it is about one week after the operation or when you feel comfortable.

### Will sex be different after a tubal ligation?

Sex, including orgasms, should feel the same after recovery from tubal ligation.

### Will tubal ligation stop my period?

No, a tubal ligation does not stop the menstrual cycle. You will still get your period.

## Will a tubal ligation protect against STIs including HIV?

- No, tubal ligation is only for pregnancy prevention.
- Use safer sex supplies such as condoms and sex dams every time you have sex to reduce the risk of STIs (sexually transmitted infection) or HIV.

## Can tubal ligation be undone so I can get pregnant in the future?

- Tubal ligation is considered permanent method of birth control.
- Tubal ligation reversals may not work, are expensive, and are not covered by the provincial health care plan.
- Tubal ligations are not recommended unless you are sure you want this permanent change. If you are unsure, talk with your health care provider about alternative birth control options.

## Where can I get a tubal ligation?

- Talk with your health care provider for information. They can discuss options and make a referral.
- If you need a regular health care provider, call the Family Doctor Finder at 204-786-7111 or 1-866-6908260, or visit [www.gov.mb.ca/health/familydoctorfinder](http://www.gov.mb.ca/health/familydoctorfinder)

## Where can I get more information?

- From your health care provider, community health clinic, or public health nurse. If you need a regular health care provider, call the Family Doctor Finder at 204-786-7111.
- From the Facts of Life Online: e-mail your questions to [thefactsoflife@serc.mb.ca](mailto:thefactsoflife@serc.mb.ca).
- From a Teen Clinic if you are 21 or younger.
- Online at [www.serc.mb.ca](http://www.serc.mb.ca) or our youth website, [www.teentalk.ca](http://www.teentalk.ca).