

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).
- 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 the 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").
- The 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, cutting, and tying the tubes, or by 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 tubal ligation?

There is very little risk of 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 infections) or HIV.

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

- Tubal ligation is considered a 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 healthcare provider about alternative birth control options.

Where can I get a tubal ligation?

- Talk with your healthcare 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

Where can I get more information?

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