



Patient & Family Guide
2021

Tubal Ligation

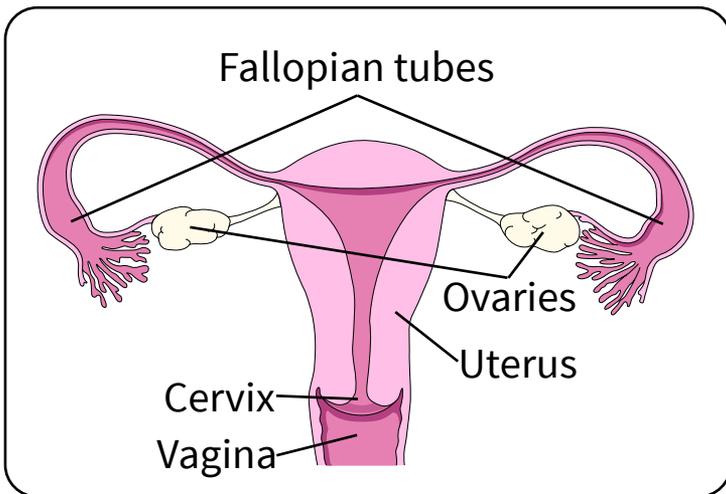


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Tubal Ligation

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, rings, or sometimes by removing the tubes. This keeps sperm from reaching an egg to fertilize it. You will still have periods and the amount of your normal monthly bleeding should stay the same.



How is a tubal ligation done?

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

How well does tubal ligation work?

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

What are some 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. You should talk with your doctor about how they are doing the surgery.
- Provides permanent contraception.
- There will be less worry of an unwanted pregnancy. Sex may be more spontaneous and 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.
- No other birth control supplies are needed.
- If you smoke, this method of birth control is safer than hormonal contraception.
- May lower your risk of ovarian cancer.
- It is paid for by Nova Scotia's provincial health care plan (MSI).

What are some cons of a tubal ligation?

- It is considered permanent. Unless you have another surgery to reverse it, you can no longer get pregnant. The cost of reversing the surgery (re-opening the tubes) is not paid for by MSI and often does not 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 outside the uterus (ectopic pregnancy) which would require follow-up with your health care provider.
- You may have some discomfort for 2 to 7 days. This is usually helped with mild pain pills like acetaminophen (Tylenol®).
- Some health care providers may not agree to perform the surgery because it is permanent. If you are sure you want a tubal ligation and understand that it is a permanent method of birth control, it is possible.

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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