**Tubal Sterilisation**

Tubal Sterilisation (Tubal Sterilisation) is a procedure that permanently prevents a woman from becoming pregnant. It is one of the most common forms of permanent contraception in the world.

**Who can have Tubal Sterilisation?**

Tubal Sterilisation is suitable for women who have completed their family and do not want to have any more children. It is not suitable for women who are pregnant or have an sexually transmitted infection. It is also not suitable for women who may want to become pregnant in the future.

**How is Tubal Sterilisation performed?**

Tubal Sterilisation can be performed in hospital or a clinic. It involves making a small incision in the skin of the abdomen and using a specialized instrument to tie or cut the Fallopian tubes.

**What are the advantages of Tubal Sterilisation?**

- It is highly effective, with a failure rate of less than 1%.
- It is permanent and does not require any ongoing management.
- It is not subject to monthly or annual check-ups.
- It does not interfere with sexual function.

**What are the risks of Tubal Sterilisation?**

- Infection
- Blood clots
- Injury to the bowel or bladder
- Pelvic adhesions
- Limitation of fertility in the future

**What are the complications of Tubal Sterilisation?**

- Most complications are rare and occur in less than 1% of cases.
- Complications include infection, bleeding, and injury to the bladder or bowel.

**How much does Tubal Sterilisation cost?**

The cost of Tubal Sterilisation varies depending on the location and the method of sterilisation used. In Australia, the cost is typically around $2,000.

**Who can perform Tubal Sterilisation?**

Tubal Sterilisation can be performed by a specialist in reproductive health.

**For more information, contact:**

- www.fpnsw.org.au
- talkline 1300 658 886
- bookshop

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The information provided is intended for educational purposes only and should not be used as a substitute for professional medical advice. Always consult a healthcare provider for guidance on reproductive health matters.
မိမိတို့၏ မိုးပြန်ရေးဆိုင်ရာ ကြန်မားကိုက်နုမားအရေးကို သို့မဟုတ် သို့မဟုတ် မိမိတို့၏ ကြန်မားအရေး စားသောက်မှုများကို ဝန်ဆောင်မှုမြောက် ပေးသူထံမှ ကျော်ကြား၍ အကူအညီရယူရန် သို့မဟုတ် သားသမီးအရအတွက် ထိန်းချ္မြောက်မှုဆိုင်ရာ ဌာနသည် နယ်မြေအဝိုင်း ကြန်မားဝန်းကျင်းဌာနမှ ရှိပါသည်။

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နယ်မြေအဝိုင်း ကြန်မားဝန်းကျင်းဌာန (Family Planning NSW) Talkline ကို 1300 658 886 ဖြင့် ဆက်သွယ်ပြီး ဝန်ဆောင်မှုကို www.fpnsw.org.au/talkline ဖြင့် ဖတ်ကြည့်ပါ။

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သို့မဟုတ် သင်အနီးဆုံး သားသမီးအရအတွက် ထိန်းချ္မြောက်မှုဆိုင်ရာ ဌာန (Family Planning Clinic) ကို ဆက်သွယ်ပါ။
TUBAL STERILISATION

What Is Tubal Sterilisation?
Tubal sterilisation is an operation that women can have so that they cannot become pregnant. It is a permanent form of contraception.

How Does Tubal Sterilisation Work?
The operation blocks a woman's Fallopian tubes so that the sperm cannot travel up to meet the ovum (egg) and start a pregnancy.

How Well Does It Work?
Tubal sterilisation works very well. It is more than 99% effective.

What Happens When You Have A Tubal Sterilisation?
The most common method is called Laparoscopic Sterilisation. With this method women usually have a general anaesthetic, and stay overnight in hospital. The doctor makes one or two small incisions in the abdomen. Then a laparoscope (a tiny telescope) is inserted so the doctor can see the tubes. The tubes are closed off with clips, rings, or by cutting and tying. A newer method is called Essure®. With this method small micro-inserts are placed in each Fallopian tube through the vagina and cervix. With Essure® there are no incisions and it can be done under a local anaesthetic. It takes about 30 minutes and most women can go home after about one hour.

After A Tubal Sterilisation
After a general anaesthetic you may have nausea (sick feeling) or tiredness for a couple of days. After laparoscopy, you may have some pain in your abdomen and shoulder. It usually takes about seven days for a woman to feel quite well again. Women who have the Essure® procedure with a local anaesthetic usually recover more quickly.

When Will It Be Effective?
For laparoscopic methods you will be covered for contraception right away. The Essure® method usually takes three months to work, but it may take longer.

You should use another method of contraception until tests show that the tubes are fully blocked.

Are There Any Side Effects?
With any operation, you can have complications such as bleeding and infection, but they are not common.

What If It Doesn’t Work?
About two to nine in 1,000 operations fail. It can happen even years later. If it fails there is more chance of a pregnancy being ectopic (outside the uterus).

Can Tubal Sterilisation Be Reversed?
Sometimes laparoscopic sterilisation can be reversed, but even then only about 50% of women become pregnant. There is also a higher risk of ectopic pregnancy. The Essure® method cannot be reversed.

If a woman thinks there is any chance she may want a child in the future she should not have tubal sterilisation. It is best not to make such a big decision if you are under stress, such as just after having a baby, or a miscarriage, or when you have other problems.
How Do You Get A Tubal Sterilisation?
A tubal sterilisation can be arranged through a local doctor, a gynaecologist, a hospital outpatient department or Family Planning clinic. For information on Essure® go to www.essure.com

For Further Information
• Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline

• NRS (for deaf) 133 677

• Or visit your nearest Family Planning clinic

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The information in this Factsheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit an Family Planning NSW clinic.