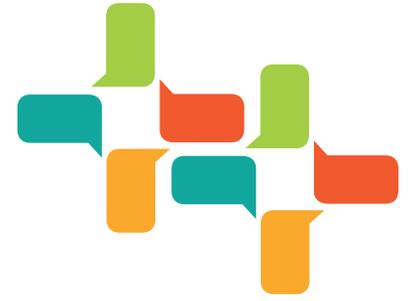


## Fact Sheet - Swahili

# UPASUAJI WA KIPIRA CHA KUPISHA MBEGU HADI YAI YA MAMA

## Tubal Sterilisation



### Hii Njia Ya Upasuaji Ni Gani?

Hii ni njia ya kupasua kipira cha kupitisha mbegu ya mume hadi yai la mke ili asishike mimba. Ni njia ya upangaji uzazi ya milele.

### Hii Njia Hufanya Kazi Vipi?

Upasuaji huzuia mipira ya uzazi ya mwanamke isipitishie mbegu ikutane na yai na kusababisha mimba.

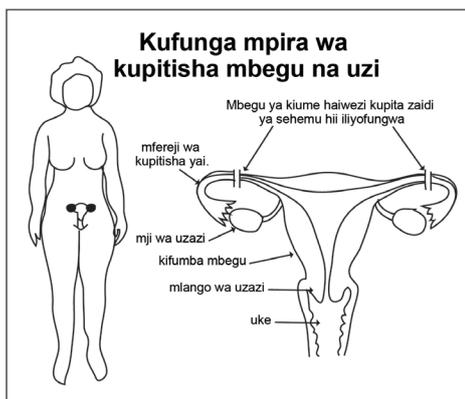
### Uhakika Wa Njia Hii Ni Upi?

Njia hii ya upangaji uzazi kwa mama hufanya viizuri sana, kwa zaidi ya asilimia tisini na tisa.

### Nini Hufanyika Baada Ya Mama Kupasuliwa?

Njia inayojulikana na wengi ni ya kutumia mashini ndogo mwilini. Njia hii husababisha kupooza kwa mwili na mama hupoa hospitalini usiku kucha.

Daktari hukata chini ya tumbo ya mama mara mbili au moja. Mashini ndogo huingizwa ndani kunmsaidia daktari kuona mishipi ya kupitisha mbegu. Hii mishipi ya kupitisha mbegu hukatwa na kufungwa. Njia mpya huitwa Essure® (ya Hakika). Kwa njia hii mashini huingizwa kwenye mipira ya kubeba mayai ya mke kupitia uke wa mama. Na hii njia ya Essure®, hakuna upasuaji kuu unaweza kufanywa kwa kupoozwa kidogo na huchukuwa dakika thelathini na mama arudi nyumbani baada ya lisaa moja.



### Baada Ya Upasuaji Au Kufunga Mpira Wa Kupitisha Mbegu

Baada ya shughuli zote za upasuaji. Utahisi tu mgonjwa na uchovu mwilini kwa siku kadhaa.

Baada ya kuingizwa kipira hiki, utahisi uchungu sehemu ya chini ya tumbo na kwa mabega kwa siku saba kabla ya kuwa sawa tena. wanawake walio na Essure® hupata nafuu haraka.

### Njia Hii Hufanya Kazi Kwa Kikamilifu Kwa Muda Gani?

Njia hii ya kipira hufanya kazi hapo na hapo. Essure® huchukuwa miezi mitatu au zaidi.

Unafaa kutumia njia zingine za upangaji uzazi hadi uchunguzi uonyeshe hiyo mipira ya uzazi imefungika.

### Kuna Madhara Yoyote Na Njia Hii?

Kupitia upasuaji wowote, uvujaji damu na maambukizi yanaweza kuwa lakini ni nadra.

### Je Njia Isipofanya Kazi?

Wanawake wawili hadi tisa kati ya operesheni elfu moja hufeli. Kufeli kunaweza onekana baada ya miaka kadhaa. Ikifeli, papo hapo mwanamke atashika mimba na kuna uwezekano mimba hii itakuwa nche ya nyumba ya uzazi ya mototo.

### Unaweza Kupata Aje Huduma Hii?

Huduma hii inaweza patikana kwa daktari aliyehitimu aliye karibu nawe. Daktari wa maswala ya uzazi wa wanawake, hospitalini au kituo cha upangaji uzazi. Kwa habari zaidi kuhusu Essure® nenda kwenye mtatandao [www.essure.com](http://www.essure.com)

### Kwa Maelezo Zaidi

- Wasiliana na upangaji uzazi NSW Simu 1300 658 886 au [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- NRS (viziwi) 133 677
- Au tembelea kituo kituo cha upangaji uzazi kilicho karibu nawe.

[www.fpnsw.org.au](http://www.fpnsw.org.au) | talkline 1300 658 886 | duka la vitabu

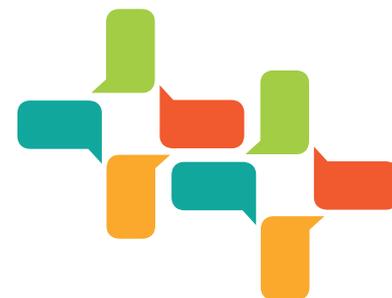
huduma za kliniki na habari | elimu na mafunzo | utafiti | maendelo ya kimataifa

Huduma wa upangaji wa uzazi NSW ni shirikia isiyo ya faida inayofadhiliwa na wizara ya afya NSW

Maelezo haya yote imetolewa kwa madhumuni ya elimu tu-FNPNSW imehakikisha kwamba maelezo yote ni sahihi hadi tarehe ya kuchapishwa. Watu wenye wana wasiwasi kuhusu suala la afya yao ya uzazi au ngono wana hamasishwa ama kutiwa moyo kutafuta ushauri na usaidizi kutoka kwa huduma ya afya au kutembelea kliniki ya upangaji uzazi Imerejelewa upya Juni 2014 / FPNNSW

## Fact Sheet - English

# 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?

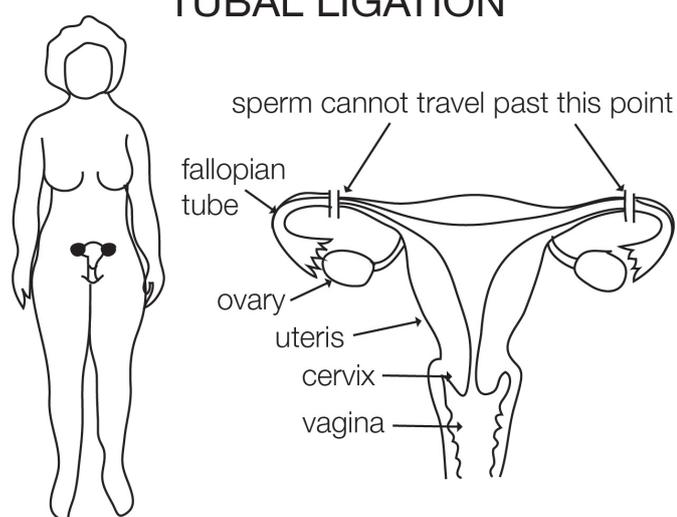
About two to nine in 1,000 operations fail. It can happen even years later. If it fails there is more chance of a pregnancy being ectopic (outside the uterus).

### 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.

## TUBAL LIGATION



[www.fpnsw.org.au](http://www.fpnsw.org.au) | talkline 1300 658 886 | bookshop

clinical services & information | education & training | research | international development

Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

The information in this Fact Sheet has been provided for educational purposes only. FNPNSW 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 a Family Planning Clinic. Reviewed May 2014/FPNSW 05/14

## 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](http://www.essure.com)

## For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

Reviewed: June 2014 | FPNSW 06/14

*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.*

[www.fpnsw.org.au](http://www.fpnsw.org.au) | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

clinical services & information | education & training | research | international development

Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

Family Planning QLD 07 3250 0240 | Family Planning TAS 03 6273 9117 | Family Planning VIC 03 9257 0121

Family Planning WA 08 9227 6177 | Family Planning Welfare Association of NT 08 8948 0144

Sexual Health and Family Planning ACT 02 6247 3077 | SHine SA 08 8300 5300