**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 uazi ya milele.

**Hii Njia Hufanya Kazi Vipi?**
Upasuaji huzuia miripa ya uazi ya mwanamke isipitisha mbegu ikutane na yai na kusababisha mimba.

**Uhakika Wa Njia Hii Ni Upi?**
Njia hii ya upangaji uazi kwa mama hufanya viizuri sana, kwa zaidi ya asilimia tisini na tisa.

**Nini Hufanyika Baada Ya Mama Kupasuliuwa?**
Njia inayojulikana na wengi ni ya kutumia mashini ndogo mwili. Njia hii husababishwa kupeleka kwa mwalini na mama hupoa hospitalini usiku kuchana.

**Hii Njia Hufanya Kazi Vipi?**

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

**Unaweza Kupata Aje Huduma Hii?**
Huduma hii inaweza patikana kwa daktari aliyehitimu aliye karibu na nafasi zaidi kwa样的 kusababisha kupatikana na daktari aliyehitimu aliye karibu na nafasi zaidi kwa样的. Daktari wa maswala ya uzazi wa wanawake, hospitalini au kituo cha upangaji uzazi. Kwa habari zaidi kusaidia www.essure.com

**Kwa Maelezo Zaidi**
- Wasiliana na upangaji uazi NSW Simu
  1300 658 886 au www.fpnsw.org.au/talkline
- NRS (viziwi) 133 677
- Au tembelea kituo kwa upangaji uazi kilicho karibuni

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 uazi NSW ni shirikisho ya faida ya shirika la kusababisha kufungua wa uzozi ya uzozi

Maelezo haya yote ni imetolewa kwa madhumuni ya elimu tu-FNPNSW imehakikisha kwamba maelezo yote ni sahihi hadi tarehe ya kuchapishwa. Watu wenye wasiwasi kuhusu suala la afya yao ya uzozi au ngono wana hamasihawa ama cutumia moyo kutufuta ushauri na ushauri cutumia moyo kutufuta ushauri kwa uzozi ya uzozi. Ushauri zaidi za kusababisha kutumia moyo kutufuta ushauri kwa uzozi ya uzozi. Ushauri huu ni uzozi ya uzozi ya uzozi ya uzozi. Ushauri huu ni uzozi ya uzozi ya uzozi ya uzozi.
What Is TubalSterilisation?
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.