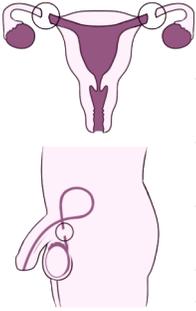


Sterilization - Tubal Ligation and Vasectomy

Tubal, tubes tied, the snip



How does sterilization work?



- There are **two types** of sterilization—**tubal ligation** for those with vaginas and **vasectomy** for those with penises. There are different types of tubal ligations and vasectomies. Ask your provider which they perform and which is right for you.
- Tubal ligation is a surgical procedure that blocks, cuts, or removes the fallopian tubes (between the ovaries and uterus) so that an egg and sperm cannot meet and fertilize.
- Vasectomy is a surgical procedure that blocks or cuts the vas deferens tubes (between the testicle and urethra) so that there are no sperm in the semen.
- Sterilization is **permanent**. Only get sterilized if you are confident you do not want future pregnancies and will not change your mind.
- Only one partner needs to be sterilized to prevent pregnancy. It can be either partner.
- Sterilization works for people of **all weights, all ages, and those using gender affirming hormone therapy**.

How are you sterilized?

get
once

You/your partner need to **see a provider** to be sterilized. **It is permanent.**

Once you/your partner is sterilized, there is nothing more to do to prevent pregnancy.

- You will have to sign a consent form before being sterilized. Sometimes there will be a waiting period (up to 30 days) between signing the consent and receiving the sterilization.
- Anesthesia may be used during sterilization so you do not feel the procedure or pain.
- **Tubal ligation:** Tubal ligation happens in an operating room. If done outside of a delivery stay, you may have multiple small incisions made on your belly. If after a vaginal delivery, you may have a single larger incision. It can also be performed during a cesarean delivery. The fallopian tubes will be cut or tied. The incision will be closed with stitches or glue. It takes about 60 minutes and recovery may take 2-6 weeks.
- **Vasectomy:** Vasectomy happens in a health center, office, or hospital. Either a small incision or puncture will be made in the upper part of the scrotum. The vas deferens tube will then be cut or tied. The incision will be closed with stitches; if a puncture was used, stitches will not be needed. It takes about 15-20 minutes and recovery may take 1 week.



Privacy and control

- A provider is needed to sterilize you or your partner.
- Your partner will be able to see your bandage after surgery and your small scar(s).
- You will not be able to tell if your partner was sterilized.
- Someone you live with or who you share insurance with may see a bill from your insurance.
- Someone else cannot see that you are sterilized, unless they are able to see your bandage after surgery or your small scar(s).

Once sterilized, will it work immediately?



Tubal ligation: Yes, it will work immediately.



Vasectomy: No, it will take 3 months for semen to not contain sperm. Use an additional contraceptive during this time.



Sterilization may not be right for people who

All people can be sterilized. You are at higher risk of complications from a tubal ligation if you are obese, have diabetes, or have had abdominal or pelvic surgery before.

This is not a complete list, talk to your provider about your medical history before starting this method.

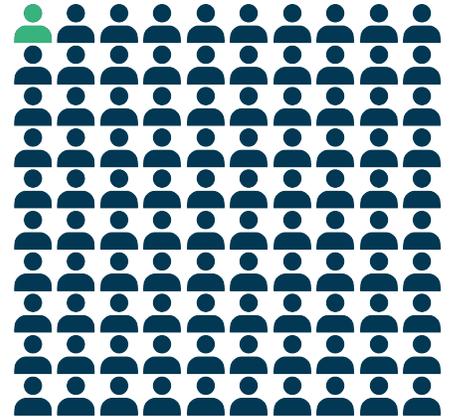


Use emergency contraception if

- It has been **less than 3 months since a vasectomy**.
- There is no user error with tubal ligation or 3+ months after vasectomy, so **there is no situation in which it is recommended to use emergency contraception**, though it is safe to do so.

How well does sterilization prevent pregnancy?

- **1 out of 100 people using sterilization will get pregnant each year.** This means it is **99% effective.**
- Because there is nothing for you to do to prevent pregnancy once sterilized, there is no user error to lead to a difference between typical and perfect use.



Side effects

Sexually transmitted infections: Does not prevent.

- Use external or internal condoms to lower your risk of all sexually transmitted infections. *Phexxi* may prevent chlamydia and gonorrhea.

Period: No effect.

Period cramps: No effect.

Weight: No effect.

Acne: No effect.

Fertility return: Sterilization is permanent.

Other possible side effects: You or your partner may experience pain after surgery.

Reminder:

- You will still get your period.
- People who have tubal ligations still need to receive preventative reproductive health care, like pap smears.



Postpartum use

Tubal ligation is safe to use right after giving birth. It can be done right after delivery, in the hospital. It has no effect on lactation, breastfeeding/chestfeeding, or infant development.



Contact your provider if you have

- Signs of an infection
- Fainting
- Severe pain in the abdomen
- Incision bleeding that soaks a bandage



Questions to ask your provider

- Is it permanent, or can it be reversed?
- How long is the recovery?
- Is there any activity I cannot do after sterilization?
- How long before the surgery do I have to sign a consent form?
- How will we know my partner no longer has sperm in their semen?

Scan for a contraception guide and information sheets on each method.

