

## Tubal Sterilization

Tubal sterilization is a surgical procedure that blocks the fallopian tubes to prevent conception. There are several techniques used to accomplish tubal sterilization, and all are considered permanent and nonreversible.

Tubal sterilization is not 100% effective. The failure rate is quoted at 1 out of 250 procedures. If you find yourself pregnant after a tubal ligation, the risk for ectopic pregnancy is high. Ectopic or tubal pregnancy can be life threatening if undetected. You must call your doctor immediately if you ever suspect that you are pregnant.

Post sterilization regret is experienced by at least 10% of women; therefore, consider all reversible forms of contraception prior to undergoing a permanent procedure.

After tubal ligation, many women experience worsening of the menstrual period. If you have heavy or painful periods when not on the pill, it is important to know that a tubal ligation does not provide the same menstrual benefit of hormonal methods of birth control.

Tubal sterilization can be done laparoscopically, at the time of cesarean section, following a vaginal delivery by using a small incision on the abdomen or through the vagina by placing coils in the fallopian tubes from a scope placed in the uterine cavity.

Risk of the procedure includes failure, regret, and reaction to anesthetic medications, bleeding and infection, damage to bowel or urinary tract and perforation of the uterus or fallopian tubes. Although precautions will be taken to protect your safety, no surgical procedure is without risk. When choosing elective surgery, you must consider the risks prior to proceeding.

By signing below, I confirm that I have spoken with my doctor regarding the risks of elective surgery as well as the alternative forms of contraception available to me. In addition I have read and accept the risks described above and consent to the procedure listed.

Name \_\_\_\_\_

Date \_\_\_\_\_

Procedure \_\_\_\_\_

Doctor \_\_\_\_\_