

# Tubal Ligation

## What is it?

Tubal ligation is a **permanent** type of birth control. It is also sometimes referred to as getting your “tubes tied”. It is surgery to close the fallopian tubes or completely remove them. This stops the egg and sperm from meeting. If the egg and sperm don’t meet, a pregnancy can’t happen.

Tubal ligation is covered by healthcare insurance, but a reversal isn’t. Reversal surgery doesn’t always work and may be difficult to get.

## How well does it work?

- How well tubal surgeries work depend on what procedure was done. Less than 2% of people who have had tubal surgeries get pregnant in the 10 years following their surgery.
- After your surgery, talk to your health care provider about when you are protected from pregnancy and after care instructions.
- Tubal surgery doesn’t protect you from sexually transmitted infections (STIs) or HIV.

## How do I get a tubal ligation?

You need a referral from a health care provider.

## How is a tubal ligation done?

There are different ways to do a tubal ligation. Your health care provider can help you decide which is best for you. Depending on the procedure, it might be done while you are asleep with general anesthetic or while you are awake with local anesthetic. You will likely go home the same day.

## What are the benefits?

- It’s safe and effective.
- It’s private and permanent.
- It has no long-term effects.
- It doesn’t affect your menstrual cycle or when you start menopause.
- It doesn’t affect your hormone levels or sex drive.
- Tubal ligation or removal of tubes may lower the risk of ovarian cancer.

## What are the risks?

After a tubal surgery, people may have:

- bruising or bleeding from the incision sites
- lower abdominal pain or cramping

All surgeries have some risk. Depending on the type of procedure and the type of anesthetic used, less common risks can include:

- infection
- internal bleeding
- injury to blood vessels or other organs

Regret can be a common feeling after the procedure. You must be sure you want it done. If you're not sure, ask your health care provider about highly effective reversible birth control instead, such as the implant or IUDs, which can be removed if you change your mind.

## Did You Know?

- You have the right to decide to have sex or not. Talk with your partner(s) about consent.
- There's an 85% chance of becoming pregnant within one year if no birth control is used for vaginal sex.
- Use a condom every time you have sex (oral, vaginal, anal). Condoms help prevent pregnancy, STIs and HIV.
- You can lower your risk of HIV by taking HIV prevention medication. Many Albertans can get it for free. Visit [www.prepalberta.ca](http://www.prepalberta.ca) to find out more.
- Transgender and gender diverse people who have a uterus can use hormonal birth control. It can help prevent pregnancy and make periods lighter and less painful.

## Websites

- [ahs.ca/srh](http://ahs.ca/srh)
- [ReadyorNotAlberta.ca](http://ReadyorNotAlberta.ca)
- [TeachingSexualHealth.ca](http://TeachingSexualHealth.ca)
- [myhealth.alberta.ca](http://myhealth.alberta.ca)
- [sexandu.ca](http://sexandu.ca)

For 24/7 nurse advice and general health information, call Health Link at **811**.



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