

Female Sterilization (Tubal Ligation)

What is female sterilization?

Female sterilization is also known as tubal ligation. It involves cutting or blocking a woman's fallopian tubes. This prevents the sperm from reaching the egg so fertilization cannot take place.

Effectiveness

A tubal ligation is a permanent form of birth control, and so it is not appropriate for women who may want to have a baby in the future. The failure rate is 0.5 per cent, meaning that for every 2000 women who have a tubal ligation, one will get pregnant.

This procedure does not reduce a woman's sex drive, sexual performance or sexual enjoyment.

Advantages

- No contraceptive routine required
- Highly effective (99.5 per cent success rate)
- No hormones
- Does not interfere with intercourse
- Private choice
- Covered by OHIP

Disadvantages

- It is irreversible.
- All surgical procedures carry some risk specific to the nature of the surgery and anesthetic used.
- The possibility of pregnancy being ectopic is higher if method fails.
- Another form of birth control may be needed for one month after surgery, in case ovulation occurred just before the surgery.

A tubal ligation does not protect you from sexually transmitted infections. Always use a condom from beginning to end of all sexual contact to reduce your risk.



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