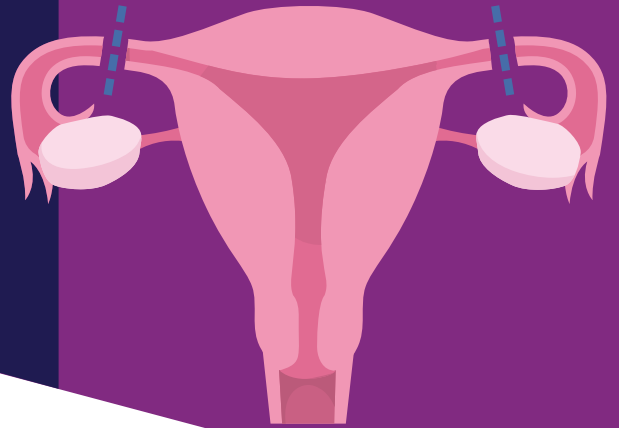


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# ***TUBAL LIGATION*** ***(Female sterilization)***

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# Tubal Ligation (Female sterilization)



## General information

- Permanent method for women who do not want more children.
- Involves a surgical procedure. There are both benefits and certain risks in the procedure.
- Protects against pregnancy right away.
- Safe for a woman with human immunodeficiency virus (HIV)/acquired immunodeficiency syndrome (AIDS) even if she takes antiretroviral (ARV) medicines.
- Does not protect against sexually transmitted infections (STIs), including HIV.

## Effectiveness

- 99% effective in the first year and less than 1 pregnancy reported per 100 women
- 99% effective over 10 years and only 2 pregnancies reported per 100 women

## How the method works

- A trained provider makes a small incision on your abdomen. S/he then ties off (or cuts) the two fallopian tubes. These tubes normally carry eggs from the ovaries to the uterus. This method is also called the “minilap” or minilaparotomy method.
- With the tubes blocked, the eggs cannot move down the tubes. They cannot meet with the man’s sperm.
- The method is intended to be permanent
- This procedure can also be carried out through the laparoscopic method.

## Do not use this method if you

- Are pregnant
- Have certain medical conditions that make it necessary to delay the procedure.

## Important facts

- No need to worry about contraception again. The method is very effective.
- Easy to use, nothing to do or remember.
- Does not affect sexual desire.
- Complications of surgery and anaesthesia are possible. But they are uncommon and extremely rare.
- Special arrangements are needed to perform a tubal ligation on a woman with AIDS.
- Use condoms (male or female) if you feel you are at risk of STIs, including HIV.
- If you have bandages, they can be removed 24 hours after surgery, and the adhesive or stitches will dissolve on their own. If you have small bandage strips on your incisions, leave them on and they will fall off on their own. If they do not fall off you can remove them seven days after your procedure.

## Seek medical help if you

- Have any questions or problems.
- Develop any health problems.
- Think you may be pregnant.



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By Pankh. A FOGSI initiative

### Sources:

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