

Female Sterilisation during caesarean section

Obstetrics

Introduction

This leaflet is designed to answer your questions if you are considering sterilization at the time of caesarean section. It provides information about the procedure, the benefits, risks and alternatives as well as what is expected during and after the procedure. If you still have any further queries ask your doctor or midwife.

What is female sterilisation?

Female sterilisation is a permanent irreversible way of preventing pregnancy. It usually involves a procedure in which we cut and tie the fallopian tubes, "Tubal ligation". This prevents your egg from meeting up with your partner's sperm after sexual intercourse. This procedure can be done during caesarean section.

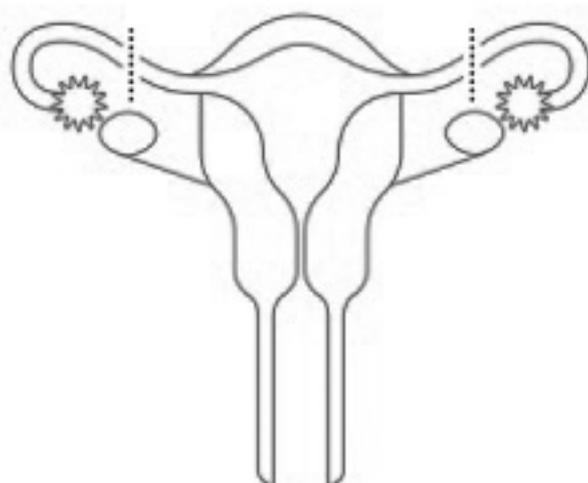


Image source: <https://www.plannedparenthood.org>

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What are the benefits of sterilisation at the time of caesarean section?

You may consider sterilisation at the time of caesarean section if:

- You have completed your family and decided that you do not wish to have more children
- You want to use a permanent method of contraception

You will have the opportunity to discuss tubal ligation at the time of caesarean section with your doctor when you consent for caesarean section at the antenatal clinic. It is advised to sign the consent form prior to the operation. Tubal ligation can't be performed if you are having an emergency caesarean section.

If you decided to have a tubal ligation with caesarean, your doctor should make sure that you have been counselled appropriately and that you make the decision at least a week before your caesarean section date.

How well does sterilisation work?

It is important to understand that female sterilization can occasionally fail and pregnancy can sometimes occur immediately or several years after the procedure. One in every 200 women who undergo sterilisation by tubal ligation may get pregnant at some point after sterilisation if the tubes that have been cut or blocked join up later on.

Female sterilization during cesarean section carries a higher risk of failure than if performed on a non-pregnant uterus because of the changes that tubes and ovaries undergo during pregnancy. The exact figure of failure rate during cesarean section is not known.

What are the risks?

Research has shown that if you choose to have a sterilisation procedure during pregnancy or delivery, you may regret it later.

If you get pregnant after sterilisation there is a risk that the pregnancy will develop in the tubes rather than inside the womb. This is called an ectopic pregnancy and requires medical attention. For this reason, if you miss your periods after you have been sterilised, you need to do a pregnancy test and see your GP immediately.

Will it affect my period?

Female sterilization is not linked to getting a heavier or irregular period or having an early menopause. There is little evidence about how having a tubal ligation affects your periods if you had the operation when you are under 30.

Your ovaries, uterus and cervix are left in place and your hormones are not affected so you will still ovulate (release an egg each month), but it is absorbed naturally by your body. Your periods will continue to be as regular as they were before sterilisation. Occasionally, some women find that their periods become heavier. This is usually because they have stopped using hormonal contraception, which may have lightened their periods previously.

Will it affect my sexual drive?

There is no evidence that having a tubal ligation affects your sex drive.

Can it be reversed?

All sterilisation procedures are meant to be permanent. The chances of a reversal being successful are generally low. There is no guarantee of success and you will usually have to pay to have the operation reversed and can be difficult and expensive to obtain privately (Not available on the NHS). You should, therefore think of the operation as irreversible and it is very important that you are absolutely certain of your decision before embarking upon this procedure.

What are the alternatives?

If you are on a long-term relationship, you may also consider vasectomy (sterilisation procedure for men). Vasectomy is not a major procedure and is usually done under local anaesthetic (a medicine that numbs a specific part of the body). It has a higher success rate and has a much lower long-term failure rate (approximately 1 in 2000) than female sterilisation.

Other reversible long-term methods that women can use to avoid pregnancy, includes:

- Copper Coil– A coil is a device that is put into your womb and can safely stay there for up to 10 years, depending on the type used. If you are over 40 when it is fitted, it can be left in until you reach the menopause. IUD can be fitted six weeks after your delivery in the local family planning clinic or by your GP
- A progestogen IUS (intrauterine system) – this is a hormone-releasing coil which lasts for five years and is called a Mirena® system. The Mirena® system is as effective as vasectomy and more effective than tubal ligation
- Progestogen implant – this is a small flexible tube inserted under the skin of the arm to release the hormone progestogen. The implant lasts for three years. This method is more effective than tubal ligation

The main advantage of these three methods is that they can be reversed.



What happens during the procedure?

If you have sterilisation at the same time as a caesarean, your tubes will usually be cut and tied and a sample will be taken to confirm the tube being cut is the fallopian tube and this is sent to the laboratory to confirm it. Having tubal ligation at the same time as a caesarean does not make your caesarean any more risky, usually it adds 10 minutes to the time of caesarean section.

What happens after the procedure?

After the procedure you will receive the same care as other women who have had a caesarean.

You should contact your GP as soon as possible if:

- You miss your period or you think you might be pregnant
- You have sudden or unusual pain in your abdomen
- You have any unusual vaginal bleeding
- You have a light or delayed period

Will I have a follow-up appointment?

You will have the usual postnatal follow-up appointments, but you will not have a separate follow-up appointment for the sterilisation procedure.

Where can I find more information?

<https://www.nhs.uk/conditions/contraception/female-sterilisation/>

The FPA (The Family Planning Association) also provide information and advice. Visit their website www.fpa.org.uk

“It is best to give yourself time to think about what you want to do – do not rush into anything. If you do decide you want a sterilisation by tubal ligation at the same time as your Caesarean, your doctor or midwife should make sure that you have been offered counselling and that you make the decision at least a week before your Caesarean”

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。