Post-Delivery Sterilization

Sterilization is a permanent procedure – it cannot be reversed and you will not be able to have a child in the future.

You have been told about other options, most specifically:
- IUDs and implants: forms of birth control that work as well as having your tubes tied, but can be stopped or removed if you decide you want a baby. These can be placed during an office visit.
- Vasectomy (male sterilization).
- Tubal sterilization 4 weeks or more after your delivery.

Permanent sterilization may be the right option for you if:
- You have decided that you do not want to get pregnant and do not want to have a child in the future, and
- You are 100% certain of your decision.

Sterilization may be performed after you deliver your current pregnancy.
- You can have a sterilization procedure (commonly called a “tubal ligation” or “having your tubes tied”) performed after a vaginal or Cesarean delivery. Both methods are immediately effective after the surgery is completed and you will no longer need birth control.
  - Post-partum sterilization after a vaginal delivery – this surgery is usually performed in the first 24 hours following delivery. A small incision is made in or just under your belly button and a section of your Fallopian tubes is removed. The surgery most commonly involves epidural or spinal anesthesia in an operating room.
  - Post-partum sterilization during a Cesarean delivery – this surgery is performed after the baby has been delivered during a Cesarean delivery. The surgery most commonly involves removing a section of each Fallopian tube.

If you decide to have a sterilization procedure, you will NOT be able to have a baby in the future. There are risks, benefits, and possible discomforts that can happen with a sterilization procedure, outlined on the back page.

If you decide to have a tubal sterilization and have a Cesarean delivery, you may choose one of two ways to have the surgery:
1. The standard procedure which includes removing a section of each Fallopian tube.
2. A more involved procedure that removes your Fallopian tubes completely. The surgery to completely remove your Fallopian tubes lasts an average of 10 minutes longer than the standard procedure. You may also have more pain and the recovery may take a little longer as compared to removing just a section of each Fallopian tube.
## Sterilization After Vaginal Delivery

- **Risk of Surgery**
  - Infection: 1 in 100 surgeries
  - Bleeding requiring transfusion: 1 in 200 surgeries
  - Anesthesia complications: 1-2 in 100 surgeries
  - Death: Very rare

## Sterilization at Cesarean Delivery – Removal of a Section of Each Fallopian Tube

- **Risks of Surgery**
  - Infection: 1 in 100 surgeries
  - Bleeding requiring transfusion: 1 in 200 surgeries
  - Anesthesia complications: 1-2 in 100 surgeries
  - Death: Very rare

## Sterilization at Cesarean Delivery – Complete Removal of Both Fallopian Tubes

- **Risks of Surgery**
  - Infection: 1 in 100 surgeries
  - Bleeding requiring transfusion: 1 in 200 surgeries
  - Anesthesia complications: 1-2 in 100 surgeries
  - Death: Should be similar to the other procedures

## Risks of Sterilization

- **Getting pregnant after the surgery**
  - About 4-11 per 1,000 women over the 10 years after the surgery. The rate depends on your age when sterilized (see below)

- **Ectopic Pregnancy**
  - If you get pregnant after the procedure, about 20% of pregnancies will be in the Fallopian tube

- **Regret**
  - Depends on age, number of children, relationship status

## Risk of Ovarian Cancer later in life

- Decreases lifetime risk by 29-34%

## What are my options if I don’t have a Cesarean delivery and I want to have my Fallopian tubes completely removed?

- You can have your sterilization procedure performed 4 or more weeks after the delivery. The surgery is performed in the operating room using a laparoscope, which is a thin telescope-like instrument that looks like a lighted tube. A camera on the tube allows the doctors to see inside your abdomen (belly). Usually 3 incisions are made in your belly. Instruments are passed through the incisions to remove the Fallopian tubes.

- The incisions in your tummy are usually 1 at the belly button and 2 in your lower belly.

## Risk of Pregnancy After Sterilization That Removes a Section of the Fallopian Tube After a Delivery

<table>
<thead>
<tr>
<th>Age</th>
<th>5 yrs</th>
<th>10 yrs</th>
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<tbody>
<tr>
<td>18-27 years</td>
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<td>1.1%</td>
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<tr>
<td>28-33 years</td>
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<td>0.6%</td>
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<tr>
<td>34-45 years</td>
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