

What is Tubal Ligation?

Tubal ligation is a permanent method of birth control. It is only recommended for women who are absolutely sure that they do not want any more pregnancies.

This method is a simple operation during which the tubes are sealed off

This operation is successfully performed on millions of women all over the world. The method performed at the Family Planning Association of Trinidad and Tobago is the laparoscopic method.

The laparoscopic method is a simple operation (usually about 20 minutes) by which the tubes are sealed off.

How does tubal ligation work?

Tubal ligation is the 'tying' of the tubes to prevent the egg from moving down into the womb. If the egg cannot reach the womb, fertilization will not take place and there can be no pregnancy.

How is this method performed?

When performing the laparoscopic method, the doctor makes a small incision (cut) under the navel and inserts an instrument (laparoscope) through which the tubes are sealed.

The tubes are then tied which blocks the passage of the egg into the womb. The tiny egg (ovum), is harmlessly absorbed into the body.

How long is the recovery process?

There is an observation period of 3 to 4 hours after the operation. If the laparoscopic method is used, the patient can return to work the following day but it is advisable to take it easy for 3 or 4 days. Your doctor will advise you accordingly.

It is advisable to take it easy for a few days after the operation

If the egg cannot reach the womb, there can be no pregnancy

Are there any side effects to tubal ligation?

No. There are no side effects. In fact, many women feel better once the fear of unplanned pregnancy is removed.

Will I have any scars?

A half inch mark under the navel is the only indication of the operation.

How soon after the operation may I resume intercourse?

You can resume sexual intercourse as soon as you feel comfortable to do so.

Sexual relations may be resumed when you feel comfortable to do so

Can the tubal ligation be undone?

No. The operation cannot be reversed. You should have the operation only when you are certain you want no more pregnancies.