

## PATIENTS REQUESTING STERILISATION

You have requested to be sterilised and the procedure chosen has been described to you. The doctor will give you an explanation of the details of the procedure including the anaesthetic and possible complications. You will then be asked to sign a consent form, a copy of which you will be given to take home with you. The method used is safe but will require you to have a general anaesthetic. You may be asked to come to hospital early in the morning of the operation and be starved from midnight or you may be booked for operation in the afternoon. This means that you cannot have anything more than a cup of tea and a piece of toast before 7.00 am. Thereafter, you must be starved. You will be notified of this when your admission is confirmed.

The procedure is intended to be done with a laparoscope and if a laparoscope is used, you can go home the same day or the following day. Occasionally, however, the sterilisation is not able to be done with a laparoscope and you may need a bigger cut. This then means you will have to stay in hospital for 3-5 days. Also, occasionally complications may occur during the laparoscopy, ie a blood vessel or the bowel may be injured and you may need a bigger operation. Therefore, when you come in for laparoscopic sterilisation, please make arrangements for a longer stay, not for just a day. The risk of this happening is approximately 1 in 800.

You should continue to use contraception right up to the day of your operation to make sure you are not pregnant at the time of the sterilisation.

Please bring an early morning sample of urine as this will be tested to exclude any pregnancy.

It is normal following laparoscopic sterilisation to complain of abdominal and shoulder pain. This is normal and is due to the gases used to visualise the tubes during surgery.

It is imperative that you do carry out some form of **contraception** between now and the time that you are admitted. If you are on the pill, then unless there is any other reason, it would be better for you to stay on the pill until you have your operation. If you are using a coil, sheath, diaphragm, etc, it is better for you to continue using these methods. If you are not using any form of contraception, then you are advised to do so as you may be waiting several months before being called for admission. If there is any doubt regarding the possibility of pregnancy, ie you are late with a period, over mid cycle or have failed to use contraception, then please inform the staff on admission.

You must realise that the procedure is meant to be permanent and irreversible no matter what method is used, whether it be laparoscopic using clips or rings (Hulka, Filshie clips or Yoon fallope rings) which are placed upon each tube or whether a portion of the tube is removed and the tubes tied (as in a Pomeroy tubal ligation). There is a small but known and recognised failure rate of 1-3 in 1000, again no matter which method is used. This is approximately double if carried out during pregnancy or in the immediate postnatal period.

A small proportion of women may experience a change in their periods, ie the periods become heavier and more painful. This occurs particularly in women who have been on the oral contraceptive pill, which has masked this problem as oral contraceptives make periods lighter and more regular. Occasionally the fallopian tubes can join together partially and a uterine pregnancy may occur. However, an ectopic pregnancy (a pregnancy trapped in one of the tubes) may also occur. This is very rare but we would like you to be aware so that if you develop severe pain or miss a period, you should seek medical advice.

If for any reason your situation changes or you have any queries between now and when you are called for admission, you are advised to contact one of the following:

Doncaster Royal Infirmary	
Ward G5	01302 553163
Gynaecology Out-Patient Clinic	01302 381361
Bassetlaw Hospital	
Ward B7	01909 500990 ext 2257
Gynaecology Out-Patient Clinic	01909 500990 ext 2214
Montagu Hospital	
Rockingham Ward	01709 321107
Gynaecology Out-Patient Clinic	01709 321113
24-hour advice line	07775 823119