

# Sexual Health STERILIZATION

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May 2010

Sterilization is a permanent procedure done on men or women to stop the ability to impregnate or get pregnant. It is 99.9% effective. Sterilization does not protect against sexually transmitted infections (STI).

## Vasectomy (Men)

### *What is it?*

- A surgical procedure to permanently close or block the tubes (vas deferens) that carry the sperm to the penis.

### *How does it work?*

No sperm is released in the man's ejaculate so the egg cannot be fertilized.

### *Advantages*

- Permanent, simple and effective.
- Does not interfere with intercourse.
- No long term side effects.
- Eliminates fear of pregnancy.
- Requires local (at the site) anaesthetic only.
- Allows the male partner to assume some responsibility for birth control.
- Procedure is covered by OHIP (Ontario Health Insurance Program).

### *Considerations*

- Complications related to surgery may include pain, swelling, bruising and infection at the surgical site.
- Not effective immediately. Two to three months after the vasectomy a sperm analysis must be done to show there is no sperm present in the semen.
- Does not protect against sexually transmitted infections.
- Difficult and expensive to have reversed.

## Tubal Ligation or Occlusion (Women)

### *What is it? How does it work?*

- A surgical procedure to permanently close or block the fallopian tubes which connect to the ovaries. The fallopian tube is blocked and therefore the sperm and egg cannot meet.
- The fallopian tubes can be blocked by using a clip or ring, by removing a small segment of each tube.

### *Advantages*

- Permanent and effective immediately.
- Sterility is immediate.
- Does not interfere with intercourse.
- No long-term side effects.
- Procedure covered by OHIP (Ontario Health Insurance Program).

### *Considerations*

- Requires general anaesthetic.
- Difficult and expensive to reverse.
- Complications related to surgery include pain, swelling, bruising and infection at the surgical site.
- Does not protect against sexually transmitted infections.

### *Sexually Transmitted Infection (STI) Protection*

Sterilization does not protect against STIs. Use a separate condom, dental dam, latex glove for each sex act.

Adapted with permission from the Middlesex London Health Unit.