

# Should I choose to have female sterilization?



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Department of Health



HOSPITAL  
AUTHORITY  
醫院管理局



# Should I choose to have female sterilization?

**You must have completed your family and have no wish for further children before considering sterilization. You should be aware of alternate methods of birth control before choosing tubal sterilization.**

## Ask your doctor about the options

There are multiple choices of contraception including barrier methods (condoms, diaphragm), intrauterine device, hormonal methods (birth control pills, depoprovera injection), and vasectomy for your partner.



Discuss with your partner and think twice before the decision. The number of children you have, their physical health and your marital relationship should be carefully considered.



In most circumstances your partner also needs to sign the consent form for sterilization to show that he also agrees to the operation.



Younger women and women who have unstable marriage are more likely to report regret of tubal ligation.



Although tubal reversal is possible, this procedure is expensive, has associated risks, and is not always successful.



If you have any doubts, consult your doctor or other health care professionals first.



# Should I choose to have sterilization?



## Am I suitable for sterilization?

- There is no set criterion on the age or the number of children as long as you consider sterilization as the most appropriate contraceptive method.
- If you have medical diseases like diabetes, hypertension or heart disease, you will need to consult your doctor beforehand.
- The doctor will perform a general physical examination to make sure you are fit for the operation.



## What are the risks of tubal sterilization?



However, all these complications are uncommon. Your doctor will explain to you about further details.



**Don't worry**, operation for sterilization will not have any adverse effect on your general health and sexual life.

### Sterilization

- will not cause weight gain
- will not cause mood changes
- will not cause early menopause
- will not cause menstrual disturbances

### How long shall I be recovered from the operation?

- You will require 1-2 days of bed rest and usually you can return to work within 1 week.
- You may have mild pain during the first few days after operation and simple analgesics may be required.
- You should avoid strenuous exercise for 2 weeks.
- Sexual intercourse can be resumed when you feel comfortable.

### Where can I have the operation?

Female sterilization is performed in hospitals of Hospital Authority providing specialist gynaecology service. Referral letter to these specialists can be obtained from general practitioners, general out-patient clinics or Maternity & Child Health Centres.

You may attend private gynaecologists for sterilization as well.