



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Laparoscopic Sterilisation

Information for patients, relatives and carers

## Obstetrics and Gynaecology

The York Hospital  
Wigginton Road, York, YO31 8HE  
Tel: 01904 631313

Scarborough Hospital  
Woodlands Drive, Scarborough, YO12 6QL  
Tel: 01723 368111

**i** For more information, please contact us  
via one of the numbers provided on page 10

In this leaflet we try to answer some common questions about having a sterilisation but remember that everyone is different, and you are encouraged to ask your own questions of the doctors and nurses.

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## **What happens before my operation?**

On your arrival the nurses will introduce themselves to you and explain what will happen during your stay. You will be asked about your present medicines, any allergies you may have, your arrangements for going home and who is to look after you. Please bring your completed admission form with you. Do not hesitate to ask if there is anything about which you are uncertain.

You will be required to change into a theatre gown and one of our dressing gowns, or you may prefer to bring your own. It must be clean, as you are going into an operating theatre area.

You will be escorted to the theatre where your identity will be checked as part of safety procedures. A nurse will go through all the discharge instructions with you and give you all the necessary papers. Please do ask if you are unsure of any of the instructions. You will be asked to sign a consent form (FYCON12-1 Laparoscopic Sterilisation). You sign to confirm that you agree to the procedure and understand the information given to you. The form will be kept in your Patient Notes and you will also be given a copy for your own records.

As you will be having a general anaesthetic, an anaesthetist will speak to you before your operation to discuss anaesthesia with you, check your medical history and when you last had anything to eat or drink.

## **What happens during my operation?**

When you are sleeping the surgeon will empty your bladder and examine your pelvis. A small incision will be made around your navel and gas introduced into your abdomen to enable a clear view. A telescope will be inserted to have a careful look at your tubes, ovaries etc. Then a small cut is made lower down in the abdomen to introduce the instrument that puts the clips on your tubes. Occasionally you may lose some blood after the operation as an instrument is temporarily inserted into the vagina and womb to help move the womb during the procedure.

## **What are the risks of a sterilisation?**

There are some frequently occurring risks. Most people get abdominal pain and pain in their shoulders after the operation. This is controlled with pain relief. Sometimes there is bleeding afterwards too. There is a risk of wound infection following the operation. There may be some change in your periods, and this is often more noticeable if you have been using the pill for contraception. If you have a coil (IUCD) this will probably not be removed at the time of your sterilisation but about two weeks later as this is safer for preventing pregnancy around the time of sterilisation.

There are very small risks of serious complications associated with this procedure. There can be damage to structures in your abdomen; such as bladder, ureters (kidney pipes) large bowel, small bowel and blood vessels (1-2 in 1000). If this occurs you may require an open surgery (laparotomy) in 1 in 1000 operations, which entails a large cut of your abdomen to repair the damage.

In a minority of cases, probably less than 1 in 100, it may not be feasible to get a good view through the telescope and an open surgery may be necessary to carry out the operation. This is more likely to happen if there has been previous pelvic surgery, infection in the pelvis or if you are overweight.

Female sterilisation has a lifetime failure rate of 5 in 1000. The procedure should be considered to be permanent. Reversal of sterilisation is not available on the NHS.

Any operation on your tubes carries a risk of an ectopic pregnancy (pregnancy in the tube). Sterilisation is an operation on the tubes and does carry a very small risk of ectopic pregnancy, certainly less than 1 in 100.

It is very important that you continue your current contraception until your next period.

## **What are the benefits of having a sterilisation?**

Up to 40% of the adult male and female population of the UK are sterilised. It offers a reliable form of irreversible contraception so no other forms of contraception need to be taken after your operation.

## **Are there any alternatives to having a sterilisation?**

Male vasectomy is a safer form of permanent contraception. Alternative forms of contraception will probably have been discussed by your GP or at the clinic.

Oral contraception is safe and reliable as are other methods such as uterine coils (Mirena or IUCD) and hormonal implants, but these may affect your periods. If you are currently on the pill we recommend you to continue and finish the packet after your operation. Your periods may become heavier after you stop the pill. The Mirena coil may lighten your periods.

## **Any sterilisation must be regarded as permanent**

It is very important that you are sure that you will not regret this decision in the future. It may be worth considering other reversible methods of contraception again (Mirena or a copper coil or an implant or injection) or considering a vasectomy for your partner as this is a slightly safer operation with a lower failure rate (1 in 2000 after vasectomy).

## **What happens after the operation?**

After surgery you will be taken to the recovery area where a nurse will monitor your progress. When the recovery nurse is satisfied with your condition you will return to your trolley or bed in the ward area. When you are able to sit up you will be offered a drink.

## **When can I go home?**

You will be able to go home, accompanied by a responsible adult, when it is felt you are ready. Remember you must not drive yourself home or use public transport.



## **What else do I need to know?**

You may experience period like discomfort and some pain in your shoulders. This should respond to simple painkillers, which will be given to you before you leave the unit.

- The stitches in your wound do not need to be removed.
- You will need help at home if you have small children.
- Do not have intercourse until any bleeding or discharge has settled.
- Most people take a few days off work to help them recover from their operation.

## **For further information**

[www.wellbeing.org.uk](http://www.wellbeing.org.uk)

[www.womenshealthlondon.org.uk](http://www.womenshealthlondon.org.uk)

[www.nhs.uk/conditions/contraception/](http://www.nhs.uk/conditions/contraception/)

[www.nhs.uk/conditions/contraception/female-sterilisation/](http://www.nhs.uk/conditions/contraception/female-sterilisation/)

[www.nhs.uk/conditions/contraception/vasectomy-male-sterilisation/](http://www.nhs.uk/conditions/contraception/vasectomy-male-sterilisation/)

[Websites accessed May 2021]

## **Useful contact details**

### **Gynaecology secretary telephone numbers – York**

Mr Brewer, Miss Sanaullah, Mrs  
Hayden, Miss Fahel, Mr Broadhead: 01904 721682

Miss S Ghosh, Miss Johnson, Dr  
Falconer: 01904 725549

Miss Dean, Miss Buditi, Miss  
Edwards, Mr Evans: 01904 726553

Mr Adekanmi, Miss Oxby, Miss  
Radhakrishnan, Miss Tang: 01904 725582

Miss Merrick, Mr Hughes, Mr Wilson: 01904 725111

Waiting List Office: 01904 725132

Sexual Health Clinic York: 01904 721111

### **Gynaecology secretary telephone numbers - Scarborough**

Miss Abdu: 01723 342083

Mr Ajayi, Mr Freitas and Mr Patel: 01723 385248

Miss Jordan, Miss Olajide: 01723 342515

Miss Hayes, Mr Brook, Mr Mokate: 01723 385047

SR Cheryl Midgely: 01723 385290

Waiting List Clerk: 01723 342249

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Mr O A Adekanmi, Consultant Gynaecologist and Obstetrician, The York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 725549 or

Miss K Verma, Consultant Gynaecologist and Obstetrician, Scarborough General Hospital, Woodlands Drive, Scarborough, YO12 6QL, telephone 01723 342515.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

[www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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