

## Permanent Birth Control Methods

This decision aid is to help you and your health care provider talk about methods of birth control and choose what's right for you. Most people can safely use these methods. Your health care provider can tell you whether these methods are safe for you.



	FEMALE STERILIZATION:			MALE STERILIZATION:
	BY LAPAROSCOPY	BY MINILAPAROTOMY	BY HYSTEROSCOPY	VASECTOMY
<b>How is it used?</b>	A health care provider uses instruments inserted through one or two small incisions in your abdomen to be able to see and close your fallopian tubes	A health care provider makes an incision in your abdomen and moves your fallopian tubes up so they can be seen. The provider then closes your tubes.	A health care provider inserts an instrument through your vagina and places small devices in your fallopian tubes. Scar tissue forms around the devices and closes your tubes.	A health care provider makes one or two incisions or a small puncture in the skin of the scrotum and closes the tubes that carry sperm
<b>How often?</b>	Once	Once	Once	Once
<b>How does it work?</b>	Prevents sperm from reaching an egg	Prevents sperm from reaching an egg	Prevents sperm from reaching an egg	Prevents sperm from being released
<b>When does it start working?</b>	Immediately	Immediately	After 3 months, when an X-ray shows that your fallopian tubes are closed	After 2 to 4 months, when a test shows that there are no longer sperm in the semen
<b>How many people become pregnant in the first year?</b>				
Not always following the instructions:	Fewer than 1 in 100 people ○○○○○○○○○○	Fewer than 1 in 100 people ○○○○○○○○○○	Fewer than 1 in 100 people ○○○○○○○○○○	Fewer than 1 in 100 people ○○○○○○○○○○
Always following the instructions:	Fewer than 1 in 100 people ○○○○○○○○○○	Fewer than 1 in 100 people ○○○○○○○○○○	Fewer than 1 in 100 people ○○○○○○○○○○	Fewer than 1 in 100 people ○○○○○○○○○○
<b>What are some of the side effects?</b>				
Abdominal cramps or other pain following the procedure?	Possible	Possible	Possible	Possible
Dizziness, nausea, vomiting, bleeding, or other symptoms following the procedure?	Possible	Possible	Possible	Possible
Minor complication (e.g., infection)?	Possible	Possible	Possible	Possible
Major complication (e.g., injury requiring surgery)?	Possible	Possible	Possible	Possible
Pain that continues for some time?	Possible	Possible	Possible	Possible
<b>Does it protect against sexually transmitted infections (STIs)?</b>	No	No	No	No

This decision aid is for use only during a visit with your health care provider. It is not intended to give you medical advice or recommend a birth control method. For more information, including authors, information sources, and terms of use, see [www.rightforme.org/decision](http://www.rightforme.org/decision)

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