

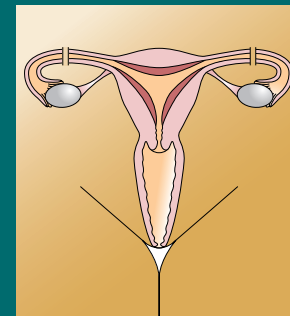
About Marie Stopes International

Marie Stopes International is a not-for-profit sexual and reproductive health (SRH) organisation that uses modern business methods to achieve the social goal of preventing unintended pregnancies and unplanned births in over 40 countries worldwide.

Marie Stopes International delivers state-of-the-art programmes in: family planning; safe abortion (including post abortion care); maternal & child health; and HIV/STIs, including male circumcision.

Permanent contraception

Marie Stopes Ligation



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What is Marie Stopes Ligation (MSL)?

This method prevents pregnancy by **closing the tubes** carrying eggs from the ovaries so eggs and sperm cannot meet. A trained nurse or doctor makes a tiny cut in the abdomen, finds the tubes and cuts or ties them.

Any woman can have MSL whether or not she has children. Because the method is not reversible you need to be certain you will not want more children later.

After the procedure there is no need to worry about contraception unless you are at risk of Sexually transmitted infections (STIs). The method does not protect against STIs including HIV and AIDS. Always use a condom if you think you are at risk.

How effective is MSL?

Almost 100% effective.

You are protected against pregnancy as soon as the procedure is finished.

Advantages

- MSL does not affect your sexual pleasure or performance
- Your monthly bleeding and hormone balance are not affected
- You do not have to remember anything, for example taking a pill or having an implant changed on time

Side effects

You may experience some discomfort for the first few days after the procedure.

Complications and risks

- With any surgical procedure, including MSL, there is always a small risk of infection
- There are also risks in procedures where clients are put to sleep with a general anaesthetic
- There is a very small risk of perforating the bowel during this procedure

MSL's ligation technique is performed without general anaesthetic by specially trained providers with excellent infection prevention techniques. This means infections and other complications are very rare.

When can I have an MSL?

- Any time of the month, or when it is certain you are not pregnant
- Within 48 hours of childbirth or after 6 weeks if you are not pregnant
- Immediately after an abortion

How is MSL performed?

First the doctor or nurse will examine you to check the position of your womb.

They will show you how to relax your muscles and tuck in your tummy to help with the procedure.

You will be given an injection of local anaesthetic to numb the area.

The doctor will make a tiny cut over the area where your tubes are. Using a special instrument they will gently find each tube in turn. They will cut and tie off both the tubes so no eggs can pass through. Finally they will close up the cut and put a dressing on the area to keep it clean and dry.

What will I feel during the procedure?

The procedure may be a bit uncomfortable with some pulling or tugging.

It only takes a few minutes and most women do not find it painful.

An assistant will be with you to chat with you and help you relax.

How should I look after myself after the procedure?

You should rest for two days and avoid heavy work or lifting. It is also advisable to avoid sex for at least a week.

You should keep the wound clean and dry. Paracetamol or ibuprofen can help with any pain.

Occasionally, there is infection after the procedure. The doctor will tell you the signs to look out for and what action you should take.