Marie Stopes Ligation

your guide to permanent contraception

For non-judgemental information about issues in this leaflet or other sexual and reproductive health concerns please contact:

Reproductive Health Line

5600 on Zain and MTN

0830 - 1700 Monday - Friday
The Marie Stopes Ligation (MSL) is the name of a method of female voluntary surgical contraception which is performed under local anaesthetic in MSI centres.

A Marie Stopes Ligation is a quick, safe and simple procedure that can be performed by an ordinary doctor.

**how is it done?**

A trained provider makes a small cut in the lower abdomen. During the operation the provider blocks the fallopian tubes so that eggs can not reach the uterus. It also prevents sperms from travelling along the fallopian tube to fertilise an egg. Local anesthesia is used during the procedure to prevent pain.

**what is the Marie Stopes Ligation?**

The Marie Stopes Ligation (MSL) is a method of female voluntary surgical contraception which is performed under local anaesthetic in MSI centres.

**how effective is Marie Stopes Ligation at preventing pregnancy?**

The Marie Stopes Ligation is 99.5 percent effective as birth control.

**what are the advantages of the Marie Stopes Ligation?**

- Highly effective;
- Cost–effective. It provides permanent birth control so one operation provides life long contraception;
- Does not interfere with Sexual intercourse;
- May help protect against ovarian cancer;
- Important method for women for whom pregnancy would represent serious health risk;
- Requires no daily attention;
- It is a simple surgical procedure;
- It is non-hormonal;
- It is an extremely quick procedure.

**what are the disadvantages of the Marie Stopes Ligation?**

- Does not protect against Sexually Transmitted Infections (STIs), including HIV/AIDS;
- It’s not reversible;
- Minor pain for a few days after surgery;
- Possibly some minor complications from the surgery, such as bleeding or infections. These side effects can be easily treated by the clinic.

**is the Marie Stopes Ligation reversible?**

Marie Stopes Ligation is a permanent, non-reversible family planning method, therefore, this contraceptive option is suitable for those couples that do not want to have any more children.

Couples who want to space or delay childbirth should discuss other options with a health provider.

**so where can I find out more?**

For more information talk to your health provider or drop in to any Marie Stopes centre or outreach site.