Your Guide to

Female Sterilisation
Sterilisation is for people who do not want anymore children.

It is permanent so you need to be completely sure.

It takes between 4 weeks and 3 months to work.

There are two ways you can be sterilised. You might need to have an operation or

You can have Essure that doesn't involve any cuts.

You will need to sign a consent form.

You might need a general anaesthetic which means you will be given medicine which will make you go to sleep.

You may have to stay in hospital.

After the operation you might feel unwell and uncomfortable for a few days.

You might feel a little pain and may bleed from your vagina.

You will still have periods.

Sterilisation does not protect you from sexually transmitted infections so you will need to use a condom.

You will need to use contraception for 3 months after the operation.