

## Fact Sheet - Chinese

## 輸卵管絕育術

## Tubal Sterilisation



## 什麼是輸卵管絕育術？

輸卵管絕育術是一種女性可以做的避孕手術。這是一種永久性的避孕方式。

## 輸卵管絕育術如何起作用？

輸卵管絕育術堵住女人的輸卵管，這樣精子就無法與卵子相遇而使女人懷孕。

## 輸卵管絕育術如何起作用？

輸卵管絕育術的效果非常好。它的有效率在99%以上。

## 輸卵管絕育術是怎樣做的？

最常見的方法稱為腹腔鏡絕育術。使用這種方法的女性，通常會進行全身麻醉並在醫院過夜。

醫生會在腹部切開一個或兩個小口，然後放入一個腹腔鏡（微小的望遠鏡），使醫生能夠看到輸卵管。然後用鉗夾、環套，或通過剪切和結紮封閉輸卵管。一種較新的方法是Essure®。在這種方法中，醫生通過陰道和子宮頸在每個輸卵管內置入微栓。

使用Essure®方法，沒有切口，也可以在局部麻醉的情況下進行。這種方法大約需要30分鐘，多數人大概一小時後就可以回家了。

## 輸卵管絕育術之後

經過全身麻醉後，您可能會有持續幾天的噁心（感覺不適）或疲倦的感覺。

腹腔鏡絕育術後，您的腹部和肩膀可能有些疼痛。通常需要大約七天，才會再感覺正常。在Essure®手術中只進行局部麻醉的人通常恢復得更快。

## 輸卵管絕育何時開始有效果？

使用腹腔鏡的方法，您可以立即得到避孕的效果。Essure®方法通常需要三個月才生效，但也可能需要更長的時間。

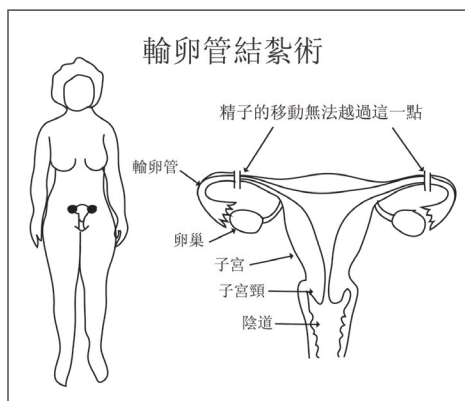
在測試顯示輸卵管完全封閉之前，您應該使用另一種避孕措施。

## 輸卵管絕育術是否有任何副作用？

與任何手術一樣，您可能會有的一些並發症：如出血和感染，但是這些並不經常發生。

## 如果輸卵管絕育術不起作用怎麼辦？

1000例手術中大約兩到九例會失敗，失敗的情況甚至可能在手術多年後出現。如果手術失敗了，就有更大的機會發生宮外孕（在子宮外面懷孕）。



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审阅：2013年5月 | FPNSW 05/13

### 輸卵管絕育術可以逆轉嗎？

有時候，腹腔鏡絕育術是可以逆轉的，但就是在這種情況下也只有約50%的婦女能懷孕。發生宮外孕的風險也較高。Essure®方法是無法逆轉的。

如果一個女人認為自己在未來有想要生小孩的任何可能性，她就不應該做輸卵管絕育術。如果您處於壓力之下：比如，剛生下小孩、流產或有其它問題，最好不要作這樣重大的決定。

### 如何才能做輸卵管絕育術？

可以通過當地醫生、婦科醫生、醫院門診部或家庭生育計劃診所安排輸卵管絕育術。有關Essure®的信息，可訪問[www.essure.com](http://www.essure.com)網站

### 欲了解更多的信息

- 打電話1300 658 886聯系新南威爾士州家庭生育計劃協會 (Family Planning NSW) Talkline 或訪問 [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- 全國轉接服務 (NRS，為失聰人士提供) 133 677
- 或親臨您附近的家庭生育計劃診所

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## Fact Sheet - English

# TUBAL STERILISATION



### What Is Tubal Sterilisation?

Tubal sterilisation is an operation that women can have so that they cannot become pregnant. It is a permanent form of contraception.

### How Does Tubal Sterilisation Work?

The operation blocks a woman's Fallopian tubes so that the sperm cannot travel up to meet the ovum (egg) and start a pregnancy.

### How Well Does It Work?

Tubal sterilisation works very well. It is more than 99% effective.

### What Happens When You Have A Tubal Sterilisation?

The most common method is called Laparoscopic Sterilisation. With this method women usually have a general anaesthetic, and stay overnight in hospital.

The doctor makes one or two small incisions in the abdomen. Then a laparoscope (a tiny telescope) is inserted so the doctor can see the tubes. The tubes are closed off with clips, rings, or by cutting and tying. A newer method is called Essure®. With this method small micro-inserts are placed in each Fallopian tube through the vagina and cervix.

With Essure® there are no incisions and it can be done under a local anaesthetic. It takes about 30 minutes and most women can go home after about one hour.

### After A Tubal Sterilisation

After a general anaesthetic you may have nausea (sick feeling) or tiredness for a couple of days.

After laparoscopy, you may have some pain in your abdomen and shoulder. It usually takes about seven days for a woman to feel quite well again. Women who have the Essure® procedure with a local anaesthetic usually recover more quickly.

### When Will It Be Effective?

For laparoscopic methods you will be covered for contraception right away. The Essure® method usually takes three months to work, but it may take longer.

You should use another method of contraception until tests show that the tubes are fully blocked.

### Are There Any Side Effects?

With any operation, you can have complications such as bleeding and infection, but they are not common.

### What If It Doesn't Work?

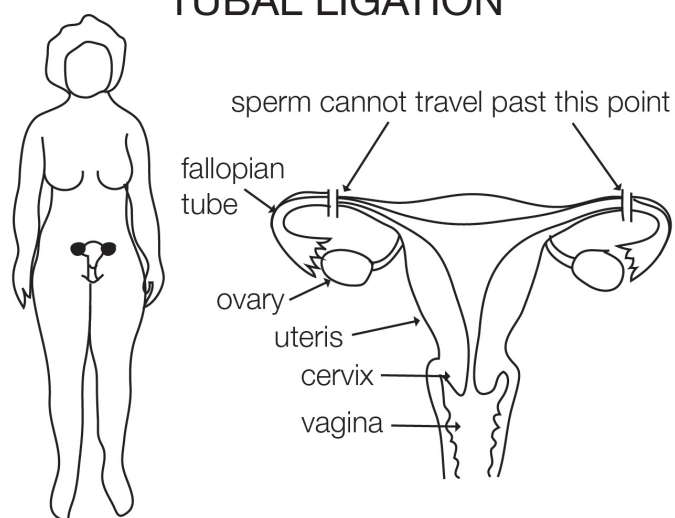
About two to nine in 1,000 operations fail. It can happen even years later. If it fails there is more chance of a pregnancy being ectopic (outside the uterus).

### Can Tubal Sterilisation Be Reversed?

Sometimes laparoscopic sterilisation can be reversed, but even then only about 50% of women become pregnant. There is also a higher risk of ectopic pregnancy. The Essure® method cannot be reversed.

If a woman thinks there is any chance she may want a child in the future she should not have tubal sterilisation. It is best not to make such a big decision if you are under stress, such as just after having a baby, or a miscarriage, or when you have other problems.

## TUBAL LIGATION



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## How Do You Get A Tubal Sterilisation?

A tubal sterilisation can be arranged through a local doctor, a gynaecologist, a hospital outpatient department or Family Planning clinic. For information on Essure® go to [www.essure.com](http://www.essure.com)

## For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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