

Fact Sheet - Dinka

RUKRUK Ë DHËL Ë TOŇ

Tubal Sterilisation



Rukruk ë Dhël ë ToŇ Ye Kë Yindä?

Rukruk ë Dhël ë ToŇ a ye looi tën diäär rin bë tik meth cī ben yök. Yeen ee liëc gël alnayan.

Rukruk ë Dhël ë ToŇ Ye Luui Kadä?

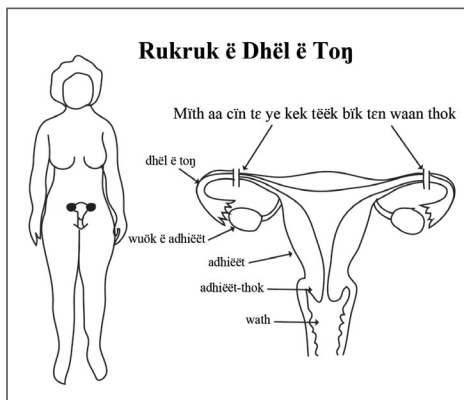
Döny kën a ye dhël ye toŇ tik wat thīn ruk kōu rin ba na wäl moc mīth tē tēëc yen ke tik ka cīn tē ye mīth cath bīk la rōm ke toŇ ku yem liëc rot.

Ye Diec Luui Kadä?

Rukruk ë Dhël ë ToŇ ee ňieç luui apath. Luon de ee rot tieeŋ tēn tik tē wan 99 buootic

Yeŋö Bë Rot Looi Të Cī Rukruk ë Dhël ë ToŇ Looi Tēn Yīin?

Rukruk ye dhël ë toŇ lac ruk a cōl Rukruk ë Laparothkop. Rukruk kën a ye tik toom benic bë thōök bēn, ku tik ee nin panakīm. Akīm ee adhuōm tōk wälā adhum ka rou ňoot yāc kōu. Ku jal Laparothkop (acōr thīn ce kē dīt) yaak thīn rin bë akīm dhël ë toŇ ya tīŋ. Dhël ë toŇ aa ye pac makēëc, mēlāāŋ wälā aa lēu bë ke teem kōōth ku ruk ke thook. Tēët yam aa cōl Essure®. Tēët kën a ye acut thīik ce kā dīt riëk dhël ë toŇ yīic ke tēëk wēeth ku adhiëët-thok. Tik a ce ňoot yāc tē luui akiim tēët ë Essure® ku tik a ce benic bë thōök ebēn, benic a ye tuōom guōp abak. Luon de ee yuul 30 nyaai ku diäär juääc aa lēu bīk la baai tē cī thāā tōk thōk.



Të Cī Rukruk ë Dhël ë ToŇ Looi

Na benic cīn thōök ebēn thōk yī guōp ka tekdā bī ya lōōt (bī dōm tuaany) wälā a lēu ba ya rēer yī cē guōp thiai nīn ka rou. Na cē laparothkop miëët bei, ka tekdā leŋ tē ba yök rem yī yic ku yī gēt. Tik ee nīn ka dhorou looi ka kēc guāp de yök yic. Diäär cī döny den looi Essure® ku tom keek benic kēc thōŋ yic ebēn aa lac yōr.

Ye Nēn Bī Yen Liëc Jal Gël?

Na loi döny du laparothkop ka bë liëc gua gël nyinic. Loi döny du Essure® ka pēy ka diäk aa ba kaŋ nōk ku jōl luui rēk bë liëc gël, tekdā ka lēu bë pēy juääc looi ka kēc liëc gua gël. Apath ba lōk yī gël liëc kā kōk ye liëc gël yet kōōl cī akīm ye jal lueel alā dhël ë toŇ aa cē yīic miēeny ebēn.

Leŋ Kē Lēu Bë Wääc?

Kuat döc ee yic laŋ kē wääc, cēmēn raan a lēu bë kuēr ku wuōk raan, bë ya kēdāŋ yen cīn yen kēn lac wääc.

Yeŋö Bë Rot Looi Të Kēc Yen Luui?

Na loi döc tēn tik 1,000, ka diäär ka rou yet dhoŋuan aa ye dhël ë toŇ ňuot ke yōr yīic. Tik a lēu bë liëc cōkalōn cī run juääc wan ka kēc liëc. Na rēer dhël ka yōr yic, ka liēny loi rot a lēu bë rot dhēlic (bë meth kāc yēët adhiëët yic).

Rukruk ë Dhël ë ToŇ Ye Ben Dōk?

Kaam dēd, rukruk loi laparothkop a ye ben dōk, ku na cōk dōk ka tik 50 buootic a ňuot cē meth yök. Aya, a lēu bë liëc rot looi dhël ë tuōŋ. Thiōk ë Essure® a ce rot ben ňaany. Na ye tik yök ciët bë ben wīc meth akōldā, ka path bë ya rukruk ë Dhël ë ToŇ yen looi. Apath ba kēn cī tak ka yī leŋ tēktēk juääc, cēmēn tē puoc yīn dhiët, wälā tē cīn thēerbei wälā tē leŋ yen kā kōk wääc piēr du yic.

www.fpnsw.org.au | [telepun ë jam 1300 658 886](tel:1300658886) | [dukän athör](#)

loilooi ë kīim & lēk | piōōc & nyuuth | jāc | guiēr ë pinynhom

Aguir ë Guiēr ë Maethok NSW a ce wēū luōōi bīk dhiët ku wēū keen yen luui aa bēn tēn Amatnhōm ë Pialguōp NSW

Lēk tōu athör kēn yic a cē gāt ka ye kē lēk koc path ku cīn dēd lēu bī raan looi yeen. Aguir ë FNPNSW a cē kē riëc ebēn guir rin bë lēk kēn ya lēk la cōk ku tēu nyien kōōl wāär gēt yeen. Na leŋ raan dieer alōŋ tē deen bī yen dhiët thīn wälā alōŋ tē deen bī yen pial thīn tē tēëc yen ke moc/ tik, ka yeen apath bë la tēn akiēm de bë yeen la wēët ku kony yeen; tēdā ka lēu bë la Panakīm ë Guiēr Maethok.
Beeric: Pendhētem 2014/FPNSW 06/14

Ye Rukruk ë Dhël ë Toŋ Looi Kadä?

Rukruk ë Dhël ë Toŋ a lëu bï akïm duun akeunhom, akïmwath, kɔɔc lui alɔŋ cï kɔc ye täac thïn panakïm ñuëën, wälä Panakïm ë Guiër Macthok tlooi tën yïin. Na wïc ba lëk kök ñic alɔŋ Essure® ka yï nem www.essure.com

Na wïc ba lëk kök yök

- *Jaam kek aguir ë Guiër ë Macthok NSW telepun ë jam 1300 658 886 wälä nem lökaɣukar: www.fpnsw.org.au/talkline*
- *NRS (raan cïn ye yïc) 133 677*
- *Wälä löɔc Panakïm ë Guiër ë Macthok tïu akeunhom*

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Beeric: Pendhëtem 2014/FPNSW 06/14

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?

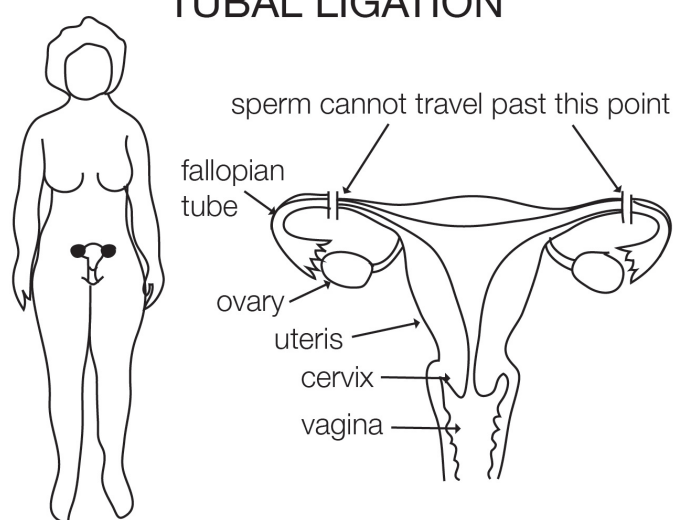
About two to nine in 1,000 operations fail. It can happen even years later. If it fails there is more chance of a pregnancy being ectopic (outside the uterus).

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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Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

The information in this Fact Sheet has been provided for educational purposes only. FNPNSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit a Family Planning Clinic. Reviewed May 2014/FPNSW 05/14

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

For Further Information

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

Reviewed: June 2014 | FPNSW 06/14

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