

Healthier Communities,  
Outstanding Care



Sherwood Forest Hospitals  
NHS Foundation Trust

# Laparoscopic sterilisation

**Information for patients**

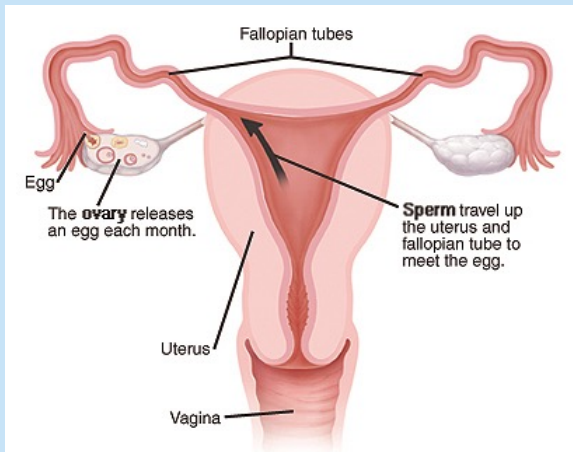
# Introduction

The COVID-19 pandemic has had a significant impact on the NHS's ability to provide routine elective services. We recognise that patients are waiting longer than we all would like. It is not always possible to identify when treatment will take place. We apologise for any delay, and this document provides you with more information on how you can support yourself while you are waiting.

## Guidance for patients

Laparoscopic (keyhole) sterilisation is an operation to permanently prevent pregnancy. The fallopian tubes are blocked or sealed to prevent the eggs reaching the sperm and becoming fertilised.

A small flexible tube which contains a light and camera will be inserted into your tummy (abdomen) through small cuts. Carbon dioxide gas will then be pumped into your tummy so that the fallopian tubes can be seen clearly. Metal clips will then be applied to both fallopian tubes. The procedure will take between 20 and 30 minutes.



It is very important that you have thought through this procedure carefully as it is a permanent step. There is a risk of regret leading to a request for reversal and this may not always be a success and will not be offered on the NHS. It is not wise to make this decision when you are under stress such as immediately after a birth, miscarriage, termination, or family/relationship crisis.

**Further information about your procedure can be found on the websites below.**

- [www.nhs.uk/conditions/contraception/female-sterilisation/](http://www.nhs.uk/conditions/contraception/female-sterilisation/)
- <https://inform-prod-lites.s3-eu-west-1.amazonaws.com/Lites/UK/OG09/OG09.pdf>

## How can I prepare for surgery?

- It is important that prior to surgery you continue to use your chosen method of contraception until after your first period after sterilisation. You should continue to take the contraceptive pill until the packet is finished.
- If you have an intrauterine device (IUD or coil) and would like to have this removed at the time of the procedure, you will need to continue an alternative method of contraception from seven days prior to the procedure until your first period post procedure.

Having surgery can have a big impact on your body. There are things you can do to prepare for surgery and improve your recovery. The following video from the Royal College of Anaesthetists can provide some simple steps to help you:

- **Video: Fitter, better, sooner**  
[www.youtube.com/watch?v=2CUMpUwX0x4](https://www.youtube.com/watch?v=2CUMpUwX0x4)

Please see our general health guidance on how to stay healthy whilst you wait for your procedure at: [www.myplannedcare.nhs.uk/mids/sherwood-forest](http://www.myplannedcare.nhs.uk/mids/sherwood-forest).

## What should I do if my health is deteriorating?

If your symptoms are worsening, please ring the gynaecology department on 01623 622515, extension 4364.

**If you are experiencing any sudden and unexpected pelvic pain, please call 111 for advice.**

## Urgent health advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit [www.nhs.uk](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

## Life threatening emergencies

If you have severe bleeding, breathing difficulties or chest pains, please dial 999.

## GP surgeries are still open

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic. They continue to make best use of telephone, online and video consultations.

Face to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP, or paramedic.

## Consent and decision making

It is important that you are involved in decisions about your care. Consent is a patient's agreement for a health professional to provide care. You will be asked to sign a consent form to say you agree to have treatment and understand what it involves.

You have a right to withdraw from treatment at any time, even after you have signed a form. It is your choice. Please ask as many questions as you like if you have any concerns.

Further information on consent please see [www.nhs.uk/conditions/consent-to-treatment/](http://www.nhs.uk/conditions/consent-to-treatment/).

## Contact us

Please contact us on 01623 622515, extension 4364, if you have any queries.

## **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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