



**YOUR
HEALTH.
YOUR
CHOICE.**

Sterilization

Talk to your partner about birth control before you have sex. You can use latex condoms to lower your chances of getting sexually transmitted infections (STIs) and prevent an unwanted pregnancy.

What is sterilization?

Sterilization is a kind of operation done by a doctor. It is used as a method of birth control. A woman can have it done so that she does not get pregnant. This is called a tubal ligation. A man can have it done so that he does not get his partner(s) pregnant. This is called a vasectomy. Once you are sterilized, you will probably not be able to have children for the rest of your life.

How does sterilization work?

Women

- ★ Sterilization blocks a woman's Fallopiian tubes. The Fallopiian tubes cannot carry eggs to the uterus any more. The eggs have no way of coming in contact with sperm.

Men

- ★ Sterilization blocks the tube that carries sperm from a man's testicles. The man still ejaculates but there is no sperm in the fluid that comes out of his penis. Sterilization is quick and easy for men. It can be done in a doctor's office. It can be done with only a local anaesthetic. There are fewer risks for men than for women.

How effective is sterilization?

Out of 100 people who are sterilized, less than 1 percent will get pregnant.

What are the advantages and disadvantages of sterilization?

Advantages

- ★ It is a very effective kind of birth control.
- ★ It is permanent.
- ★ You don't have to interrupt vaginal intercourse.
- ★ You don't need any other kind of birth control.
- ★ For women, it works right away.
- ★ For men, it can be done right in a doctor's office.

It is important to use condoms or a latex barrier with sexual partners to decrease the risk of getting a sexually transmitted infection.

Disadvantages

- * It is permanent.
- * You have to have surgery.
- * There are some risks to surgery, especially for women.
- * There is a risk of infection.
- * You may feel some pain after surgery.
- * It does not protect you from sexually transmitted infections (STIs).
- * It does not work right away for men. You have to wait for the sperm level to go down before it works.

Where can you get information about sterilization?

You can find out more from a clinician or a birth control clinic.

If you need further information or would like to book an appointment, call:

Planned Parenthood Toronto Health Services for youth ages 13 to 29. 416-927-7171. Health Services offers same-day, scheduled and drop-in appointments. For more information visit www.ppt.on.ca.

Women's Programming at the Bay Centre for Birth Control for women of all ages at 416-351-3700.

Youth can also access information about sexual health by calling the Teen Sex InfoLine at 416-961-3200 or chat live using MSN messenger at spiderbytes@hotmail.com from 4 p.m. to 9 p.m. Monday to Wednesday and 12 noon to 6 p.m. Saturday and Sunday. You can also email us a question anytime at askus@spiderbytes.ca or visit www.spiderbytes.ca.