

Postpartum Sterilization

What is postpartum sterilization?

Postpartum (after delivery) sterilization is a surgical procedure to remove the fallopian tubes so that you can never become pregnant again.

- During your pregnancy, your prenatal healthcare provider should have talked with you about this surgery to explain the recovery, risks, benefits, failure rate, and other options. They should also have given you information about other long-term contraception methods that are as effective as permanent sterilization, such as intrauterine devices (IUDs).
- You should also have received information about Nexplanon®, Depo-Provera®, birth control pills, birth control rings, birth control patches, and **vasectomy** (a permanent sterilization procedure for men). Please ask your provider if you have questions about these birth control options.

When is postpartum sterilization done?

- If you have a vaginal birth, we will usually do your sterilization later that day or the next day.
- If you have a Cesarean birth (or C-section), we will do your sterilization at the same time as the Cesarean. Your recovery will not be any different with or without the sterilization.

What should I expect at the hospital?

You will be asked to sign a consent form for the sterilization. After delivery, one of our surgeons who does sterilization procedures will evaluate you. The surgeon will decide, **at that time**, whether they will be able to do the sterilization.

What are the reasons I wouldn't be able to get a postpartum sterilization?

There are a many reasons why it would not be possible for us to do the sterilization right after your delivery, including:

- You have not signed the proper consent form at least 30 days before the procedure (this only applies to Medicaid insurances).
- For patients who have larger bellies or have a history of abdominal (stomach) surgery, it is often not safe to do a postpartum sterilization.
- Sometimes delivery complications like high blood pressure or lots of bleeding make it unsafe to do a postpartum sterilization.
- If the operating rooms are very busy, surgical procedures that are not emergencies may be cancelled and scheduled for a future date.

If your sterilization is not possible, you may choose a different form of contraception.

If you have any questions about your plans for a sterilization, please talk to your healthcare provider.

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