

Permanent Contraception



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South Australian Council
on Intellectual Disability

What is contraception?



Contraception is something you use or do to stop pregnancy.

Contraception means using things like medicine or items to stop you from getting pregnant.

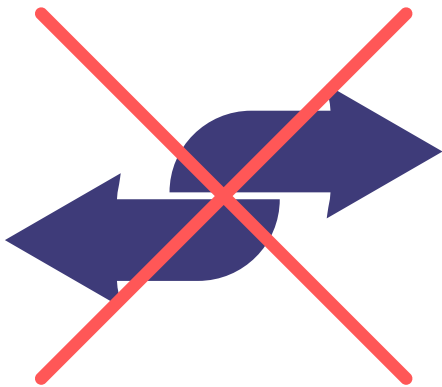


There are many different types of contraception.

Each type works in a different way.

What is permanent contraception?

Permanent contraception is for people who are sure they do not want to have children in the future.



Permanent means it cannot easily be undone or changed.

There are two main kinds:

Vasectomy.

Tubal ligation.

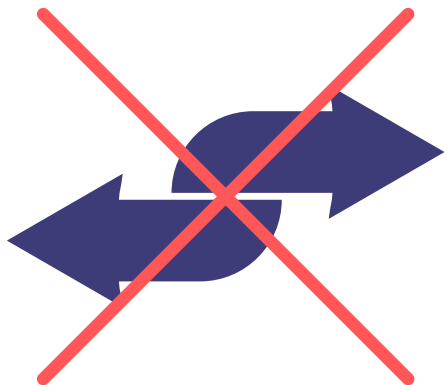
We will explain what these mean.



Permanent contraception is a big decision.



You should talk to your doctor about different options.



Once this is done it usually can not change.

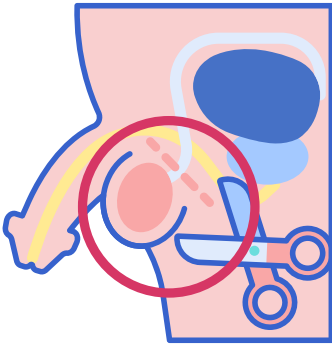


You must be sure that this is the right option for you.



It is your body and your decision.

Vasectomy



A vasectomy is an **operation** on the tubes near the testicles.

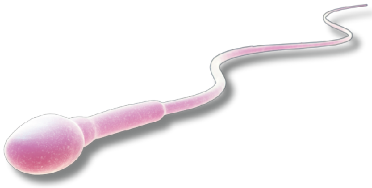


An operation means a medical procedure done by a doctor or **surgeon**.

A surgeon is a doctor who does operations.



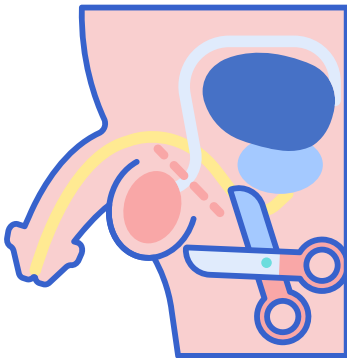
A vasectomy stops **sperm** from getting into the **semen**.



Sperm are tiny cells made by people with testicles that can join with an egg to start a pregnancy.



Semen is the white fluid that comes out of the penis during sex.



During a vasectomy a doctor cuts a small tube called the **vas deferens**.

The vas deferens is the tube that carries sperm from the **testicles** to the penis.



Testicles are the round organs inside the scrotum that make sperm.



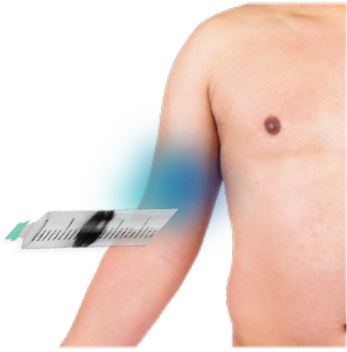
After this operation sperm can no longer travel out of the body.



A vasectomy can be done by a doctor or a surgeon.



The procedure can use **local or general anaesthetic.**



Local anaesthetic means numbing one part of the body.



General anaesthetic means medicine that makes you sleep during surgery.



It takes about 3 months for a vasectomy to start working fully.



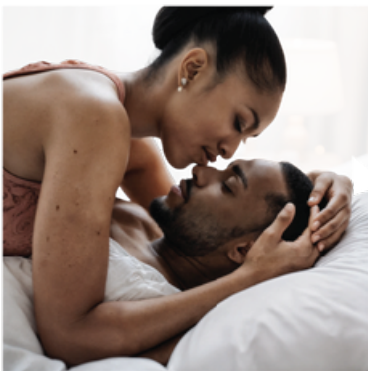
You will need a sperm test to make sure it has worked.



A vasectomy is permanent.

This means it should only be done if you are sure about not wanting children.

It does not change your **sex drive** or ability to have an **erection** or **orgasm**.



Sex drive means how much you want to have sex.



An erection is when the penis becomes hard.



An orgasm is the feeling of pleasure at the end of sexual activity.

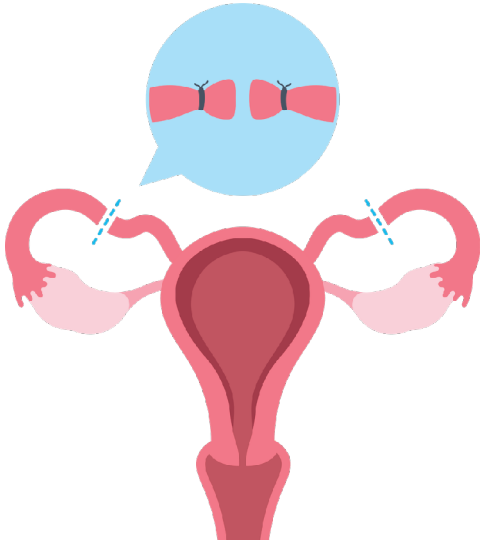


Talk to your doctor about if vasectomy is an option for you.



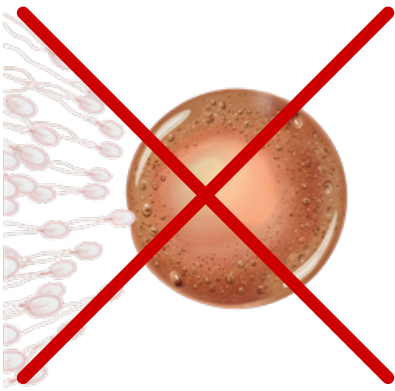
It is your body and your choice.

Tubal Ligation



Tubal ligation is a surgery that blocks the **fallopian tubes** in the body.

The fallopian tubes are the paths that eggs travel through to reach the womb.



Blocking the tubes stops sperm and eggs from meeting.



It is done by a **gynaecologist**.



A gynaecologist is a doctor who supports people whose bodies have reproductive organs such as

uterus
ovaries
vagina.



It is done through **keyhole surgery**.

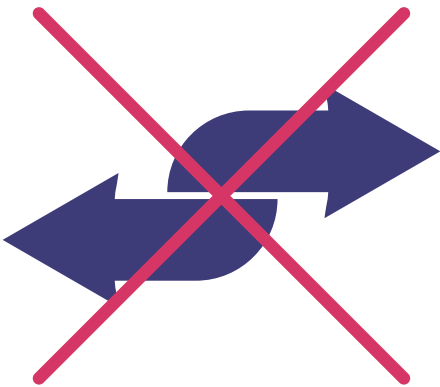
Keyhole surgery means using small cuts and special tools to do the operation.



This procedure uses **general anaesthetic**.



General anaesthetic is medicine which makes you sleep during surgery.



Tubal ligation is permanent and cannot be changed.



This is only for people that are certain that they don't want children.



It is a big decision that takes time to think about.



Your doctor can give you more information.



It is your body and your choice.



SHINE SA Appointments and Enquiries



8300 5300



Online Bookings www.shinesa.org.au





Clinic locations and times are available at www.shinesa.org.au



Sexual Healthline

- 1300 883 793 Country callers (toll free)
 - 1800 188 171 Talk to a sexual health nurse about any sexual health issue.
- Available 9am – 12.30pm, Monday – Friday

National Relay Service

-  www.relayservice.gov.au
- 133 677 (TTY/Voice)
- 1300 555 727 (Speak & Listen)
-  0423 677 767 (SMS)



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