

Sterilization

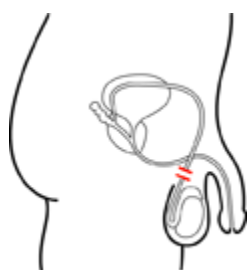
Birth Control Guide for People With CF

“I’ve decided that I don’t ever want to be pregnant in the future.”

Sterilization is permanent birth control. It is more than 99.5% effective.

Vasectomy is for males and **tubal ligation** is for females. These methods cut or tie the vas deferens (in males) or the fallopian tubes (in females). This keeps sperm from fertilizing an egg, preventing pregnancy. Vasectomy is easier to do and costs less than tubal ligation.

Sometimes, you can reverse the sterilization. You would have to get another surgery. This surgery might not work.¹



Vasectomy



Tubal Ligation

Vasectomy is often done in a medical office. After a vasectomy, no sperm will be in the male’s semen (ejaculate or cum). It is important to have a follow up before having unprotected sex or stopping birth control. This is to make sure the procedure worked.

Tubal ligation is often done in a hospital or surgery center. The fallopian tubes are tied or cut. There is also a method to remove the fallopian tubes. These methods remove the pathway for sperm to reach an egg. Removing the fallopian tubes cannot be reversed.²

REFERENCES

1. Birth Control. [fda.gov. fda.gov/consumers/womens-health-topics/birth-control](https://www.fda.gov/consumers/womens-health-topics/birth-control)
2. Braaten PM, Dutton C. Female interval permanent contraception: Procedures. UpToDate.com. Updated Sept. 1, 2023. https://www.uptodate.com/contents/female-interval-permanent-contraception-procedures?search=tubal%20ligation&source=search_result&selectedTitle=1~97&usage_type=default&display_rank=1#H1732916946

This information meets the guidelines and standards of the Cystic Fibrosis Foundation’s Education Committee.