

FEMALE STERILISATION

- Can be done in 22-60 years of females
- Female should have at least 1 child (more than 1 year of age)
- Techniques
 - i. Laparoscopy > Undertaken in those centers where specialist obstetrician - gynaecologists are available
 - ii. Minilap > • Pomeroy technique
- Suitable procedure at PHC & mass campaigns
- Female sterilization accounts for 85 % & male sterilization for 15% of all

sterilizations in India

- Ideal time to perform postpartum sterilization as per government of India guidelines is from 24 hours to 7 days of delivery
- Tubal block constitutes for 30-35% of female infertility

ESSURE

- Permanent sterilization procedure for woman (in USA)
- Micro inserts are placed into fallopian tubes by a catheter passed from vagina through cervix & uterus
- Device is designed to elicit tissue

growth (scarring) in & around micro insert to form over a period of 3 months an occlusion/blockage in fallopian tubes

- Tissue barrier formed prevents sperm from reaching an egg
- After 6 months hystosalpingography is done to confirm sterilisation

STERILISATION EQUIVALENT

- A common unit used to compare populations using different methods of contraception
- 1 equivalent Sterilisation (Tubectomy or vasectomy) = 3 equivalent IUD
- = 9 equivalent OCP (to be a equivalent

OCP user- minimum 11 months of OCP use is mandatory)

- = 18 equivalent Condom (to be a equivalent Condom user use of > 72 condoms per year is mandatory)