



# GyneMedic

Obstetrics & Gynecology

## **Tubal Ligation**

Tubal ligation (often referred to as “having your tubes tied”) is a surgical procedure in which a woman’s fallopian tubes are cut, blocked, or tied. Tubal ligation is considered to be a permanent method of birth control. It is a very effective method of birth control. A tubal ligation disrupts the movement of the egg to the uterus for fertilization and blocks sperm from traveling up the fallopian tubes to the egg. This is a non-hormonal method of birth control; it will not change your monthly menstrual cycle, and you will go through menopause at the same time you would have if you had not had the surgery. It is usually performed as an outpatient procedure. Talk to your provider to see if tubal ligation is the right method of birth control for you.