Information for Informed Consent
Hysteroscopic Tubal Sterilization

What is Hysteroscopic Tubal Sterilization (HTS)?
HTS is a method of birth control that is meant to be permanent. In HTS, a tiny insert is put into the opening of each of the fallopian tubes. They are the tubes that carry eggs from your ovaries to your uterus. After the procedure, your body will make scar tissue in the tubes. The scar tissue will close the tubes. This will block sperm from joining with your eggs. This process takes 3 to 6 months in most people.

Before having HTS, you need to know the most common benefits, risks, side effects, and other choice you have. We are happy to answer any questions you have.

What are the benefits of HTS?
- No cutting is needed.
- You won't have a scar.
- We won't need to make you sleep. (No general anesthesia.)
- You should be able to return to work and other normal activities within 1 to 2 days — or even the same day.
- HTS has no hormones.

How well does HTS work?
For every 1,000 women who have HTS and the follow up test to make sure the HTS worked, fewer than 3 will become pregnant.

What are the risks of HTS?
- Injury to the uterus or tubes (perforation) — Rarely, a surgical tool or the inserts may go through the wall of the uterus or tubes. Treatment may mean just watching and waiting for a while or surgery on your belly. There is a small chance that hysterectomy (removal of the uterus) may be needed.
- Movement of the inserts — Rarely, the inserts may travel to other parts of the belly or pelvis. If this happens they may not work to prevent pregnancy and could damage organs inside the body like the intestines or blood vessels. Surgery may be needed.
- Pregnancy in your tubes — There is a small chance that you could get pregnant. You should see your doctor or nurse right away if this happens. We need to make sure you do not have a pregnancy in your tubes. This could be life threatening.

Other rare risks include
- During the procedure - too much fluid build-up in your bloodstream
- After the procedure
  - Infection - Most infections can be treated with medicines.
  - Changes in menstrual cycle
  - Pelvic/back pain
  - Regret about having the procedure — Regret is greater for women who are younger than 30 years old and for those who have never had a child
Risks with medical procedures that you may need in the future
- Certain procedures or surgeries can damage inserts and/or cause injury to the area around the inserts.

What are the side effects of HTS?
Side effects don't usually last long and don't need to be treated.
- Pain and/or cramping, like strong menstrual cramps
- Mild nausea or vomiting
- Fainting or lightheadedness
- Vaginal discharge, it can be clear or like a light menstrual period, for about 3 days

Rarely, in the first year after HTS, you may have pain
- During sex
- In your belly or your back

Besides HTS, what other choices do I have?
There are many other methods of birth control. We will offer you information about them and answer your questions.

What will happen to me during HTS?
You will be given medicine, such as acetaminophen or ibuprofen. You may be offered other medicine to make you more comfortable.

You will lie on your back as you would for a Pap test. We will put a speculum in your vagina. Before we start, you will get medicine to numb your cervix. Your doctor will put a small, tube like camera into your vagina and through the cervix. It is called a hysteroscope or scope. Fluid moving through the scope will help the doctor see the openings of your tubes inside your uterus. The doctor will put the inserts in the opening of the tubes.

What does it feel like to have HTS?
You may have mild to moderate cramping while the inserts are being placed. The medicine we give helps most women. If you need more medicine, we will discuss which options may work best for you.

What will happen to me after HTS?
- You will spend at least 15 minutes in a recovery area and until you and the doctor feel you are ready to leave.
- After 3 months, you will need to have a hysterosalpingogram or an ultrasound. These are special tests to tell us if your tubes are closed. This will tell us whether or not you are still able to get pregnant.
- You must use another method of birth control until we know that your tubes are closed, otherwise, you could become pregnant.

What else do I need to know?
HTS does not protect you from sexually transmitted infections.

There is a chance that the inserts cannot be put in, they were put in the wrong place, or they slip out. If this happens, you may need a second procedure or to choose another type of birth control.
You will be given instructions on what to expect, how to care for yourself, and reasons to contact us.

No promise can be made about the outcome of your HTS. In the unlikely event that you need emergency medical care that cannot be provided at Planned Parenthood, you will be responsible for paying for it. This is the case even if Planned Parenthood sends you to a hospital because of a problem.

You should carry the patient ID card with you, and tell your doctors and nurses that you had HTS.

Your health is important to us. If you have any questions or concerns, please call us. We are happy to help you.

Signature of Patient (and person authorized to sign for patient when required) ____________________________ Date ____________
Relationship to Patient: □ self □ parent □ legal guardian □ other ____________________________

I witness that the patient received this information, said it was read and understood, and there was an opportunity to ask questions.

Signature of Witness ____________________________ Date ____________

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