

Fact Sheet - Dinka

RUKRUK Ǝ DHƎL Ǝ TOŋ Tubal Sterilisation



Rukruk Ǝ DhƎl Ǝ Toŋ Ye KƎ Yĩndä?

Rukruk Ǝ DhƎl Ǝ Toŋ a ye looi tƎn diäär rin bƎ tik meth cĩ ben yök. Yeen ee liƎc gƎl alonayon.

Rukruk Ǝ DhƎl Ǝ Toŋ Ye Luui Kadä?

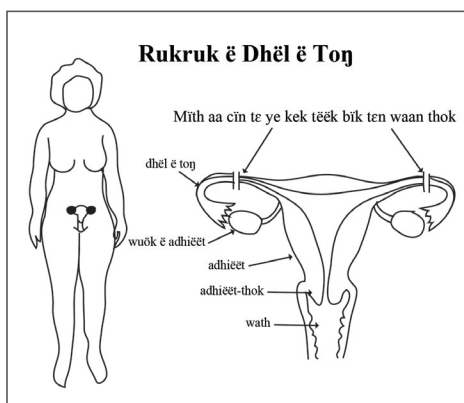
Döny kƎn a ye dhƎl ye toŋ tik wat thĩn ruk kƎu rin ba na wäl moc mĩth tƎ tƎƎc yen ke tik ka cĩn tƎ ye mĩth cath bĩk la röm ke toŋ ku yem liƎc rot.

Ye Diec Luui Kadä?

Rukruk Ǝ DhƎl Ǝ Toŋ ee ŋiee luui apath. Luon de ee rot tieŋ tƎn tik tƎ wan 99 buƎotic

Yeŋö BƎ Rot Looi TƎ Cĩ Rukruk Ǝ DhƎl Ǝ Toŋ Looi TƎn Yĩn?

Rukruk ye dhƎl Ǝ toŋ lac ruk a cöl Rukruk Ǝ Laparothkop. Rukruk kƎn a ye tik toom benic bƎ thöök bƎn, ku tik ee nin panakĩm. Akĩm ee adhuöm tök wälä adhum ka rou ŋoot yäc kƎu. Ku jal Laparothkop (acör thĩn ce kƎ dīt) yaak thĩn rin bƎ akĩm dhƎl Ǝ toŋ ya tĩŋ. DhƎl Ǝ toŋ aa ye pac makƎƎc, mƎlääŋ wälä aa lƎu bƎ ke teem kƎöth ku ruk ke thook. TƎƎt yam aa cöl Essure®. TƎƎt kƎn a ye acut thĩk ce kƎ dīt riƎk dhƎl Ǝ toŋ yĩc ke tƎƎk weeth ku adhiƎƎt-thok. Tik a ce ŋoot yäc tƎ luui akĩm tƎƎt Ǝ Essure® ku tik a ce benic bƎ thöök ebƎn, benic a ye tuƎom guöp abak. Luon de ee yuul 30 nyaai ku diäär juääc aa lƎu bĩk la baai tƎ cĩ thää tök thök.



TƎ Cĩ Rukruk Ǝ DhƎl Ǝ Toŋ Looi

Na benic cĩn thöök ebƎn thök yĩ guöp ka tekdä bĩ ya lƎöt (bĩ döm tuaany) wälä a lƎu ba ya rƎƎr yĩ cƎ guöp thiai nĩn ka rou. Na cƎ laparothkop miƎƎt bei, ka tekdä leŋ tƎ ba yök rem yĩ yic ku yĩ gƎt. Tik ee nĩn ka dhorou looi ka kƎc guöp de yök yic. Diäär cĩ döny den looi Essure® ku tom keek benic kƎc thöŋ yic ebƎn aa lac yör.

Ye NƎn Bĩ Yen LiƎc Jal GƎl?

Na loi döny du laparothkop ka bƎ liƎc gua gƎl nyinic. Loi döny du Essure® ka pƎy ka diäk aa ba kaŋ nök ku jöl luui rƎk bƎ liƎc gƎl, tekdä ka lƎu bƎ pƎy juääc looi ka kƎc liƎc gua gƎl. Apath ba lök yĩ gƎl liƎc kƎ kök ye liƎc gƎl yet kƎöl cĩ akĩm ye jal lueel alä dhƎl Ǝ toŋ aa cƎ yĩc miƎeny ebƎn.

Leŋ KƎ LƎu BƎ Wäac?

Kuat döc ee yic laŋ kƎ wäac, cƎmƎn raan a lƎu bƎ kuƎr ku wuök raan, bƎ ya kƎdäŋ yen cĩn yen kƎn lac wäac.

Yeŋö BƎ Rot Looi TƎ KƎc Yen Luui?

Na loi döc tƎn tik 1,000, ka diäär ka rou yet dhoŋuan aa ye dhƎl Ǝ toŋ ŋuot ke yör yĩc. Tik a lƎu bƎ liƎc cökaloŋ cĩ run juääc wan ka kƎc liƎc. Na rƎƎr dhƎl ka yör yic, ka liƎny loi rot a lƎu bƎ rot dhƎlic (bƎ meth kƎc yƎƎt adhiƎƎt yic).

Rukruk Ǝ DhƎl Ǝ Toŋ Ye Ben Dök?

Kaam dƎd, rukruk loi laparothkop a ye ben dök, ku na cök dök ka tik 50 buƎotic a ŋuot cƎ meth yök. Aya, a lƎu bƎ liƎc rot looi dhƎl Ǝ toŋ. Thiök Ǝ Essure® a ce rot ben ŋaany.

Na ye tik yök ciƎt bƎ ben wĩc meth aköldä, ka path bƎ ya rukruk Ǝ DhƎl Ǝ Toŋ yen looi. Apath ba kƎn cĩ tak ka yĩ leŋ tƎktƎk juääc, cƎmƎn tƎ puoc yĩn dhiƎt, wälä tƎ cĩn thƎƎrbei wälä tƎ leŋ yen kƎ kök wäac piƎr du yic.

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Aguir Ǝ GuiƎr Ǝ Macthok NSW a ce wƎu luöi bĩk dhiƎt ku wƎu keen yen luui aa bƎn tƎn Amatnhöm Ǝ Pialguöp NSW

LƎk tƎu athör kƎn yic a cƎ gƎt ka ye kƎ lƎk koc path ku cĩn dƎd lƎu bĩ raan looi yeen. Aguir Ǝ FPNPNSW a cƎ kƎ riƎƎc ebƎn guir rin bƎ lƎk kƎn ya lƎk la cök ku tƎu nyien kƎöl wäar gƎt yeen. Na leŋ raan dieer alon tƎ deen bĩ yen dhiƎt thĩn wälä alon tƎ deen bĩ yen pial thĩn tƎ tƎƎc yen ke moc/ tik, ka yeen apath bƎ la tƎn akiem de bƎ yeen la wƎƎt ku kony yeen; tƎdä ka lƎu bƎ la Panakim Ǝ GuiƎr Macthok.
Beeric: PendhƎtem 2014/FPNSW 06/14

Ye Rukruk ẽ Dhẽl ẽ Toŋ Looi Kadä?

Rukruk ẽ Dhẽl ẽ Toŋ a lëu bĩ akĩm duun akeunhom, akĩmwath, kɔɔc lui alɔŋ cĩ kɔc ye tãac thĩn panakĩm ɲuẽẽn, wãlã Panakĩm ẽ Guiër Macthok tlooi tẽn yĩn. Na wĩc ba lëk kɔk ɲic alɔŋ Essure® ka yĩ nem www.essure.com

Na wĩc ba lëk kɔk yɔk

- *Jaam kek aguir ẽ Guiër ẽ Macthok NSW telepun ẽ jam 1300 658 886 wãlã nem lõkayukar: www.fpnsw.org.au/talkline*
- *NRS (raan cĩn ye yĩc) 133 677*
- *Wãlã lɔɔc Panakĩm ẽ Guiër ẽ Macthok tɔu akeunhom*

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Aguir ẽ Guiër ẽ Macthok NSW a ce wëu luöi bik dhiët ku wëu keen yen luui aa bẽn tẽn Amathöm ẽ Pialguöp NSW

Lëk tɔu athör kën yic a cẽ gõt ka ye kẽ lëk kɔc path ku cĩn dẽd lëu bĩ raan looi yeen. Aguir ẽ FPNPNSW a cẽ kẽ riëc ebën guir rin bẽ lëk kën ya lëk la cök ku tẽu nyien kôöl wãar gët yeen. Na lɛŋ raan diëer alɔŋ tẽ deen bĩ yen dhiët thĩn wãlã alɔŋ tẽ deen bĩ yen pial thĩn tẽ tẽc yen ke moc/tik, ka yeen apath bẽ la tẽn akiem de bẽ yeen la wëet ku kony yeen; tẽdã ka lëu bẽ la Panakĩm ẽ Guiër Macthok.

Beeric: Pendhẽtem 2014/FPNSW 06/14

Fact Sheet - English

TUBAL STERILISATION

**What Is Tubal Sterilisation?**

Tubal sterilisation is an operation that women can have so that they cannot become pregnant. It is a permanent form of contraception.

How Does Tubal Sterilisation Work?

The operation blocks a woman's Fallopian tubes so that the sperm cannot travel up to meet the ovum (egg) and start a pregnancy.

How Well Does It Work?

Tubal sterilisation works very well. It is more than 99% effective.

What Happens When You Have A Tubal Sterilisation?

The most common method is called Laparoscopic Sterilisation. With this method women usually have a general anaesthetic, and stay overnight in hospital.

The doctor makes one or two small incisions in the abdomen. Then a laparoscope (a tiny telescope) is inserted so the doctor can see the tubes. The tubes are closed off with clips, rings, or by cutting and tying. A newer method is called Essure®. With this method small micro-inserts are placed in each Fallopian tube through the vagina and cervix.

With Essure® there are no incisions and it can be done under a local anaesthetic. It takes about 30 minutes and most women can go home after about one hour.

After A Tubal Sterilisation

After a general anaesthetic you may have nausea (sick feeling) or tiredness for a couple of days.

After laparoscopy, you may have some pain in your abdomen and shoulder. It usually takes about seven days for a woman to feel quite well again. Women who have the Essure® procedure with a local anaesthetic usually recover more quickly.

When Will It Be Effective?

For laparoscopic methods you will be covered for contraception right away. The Essure® method usually takes three months to work, but it may take longer.

You should use another method of contraception until tests show that the tubes are fully blocked.

Are There Any Side Effects?

With any operation, you can have complications such as bleeding and infection, but they are not common.

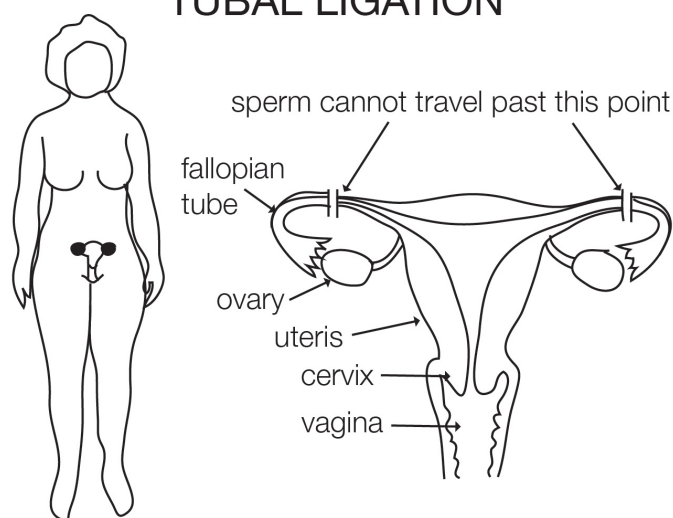
What If It Doesn't Work?

About two to nine in 1,000 operations fail. It can happen even years later. If it fails there is more chance of a pregnancy being ectopic (outside the uterus).

Can Tubal Sterilisation Be Reversed?

Sometimes laparoscopic sterilisation can be reversed, but even then only about 50% of women become pregnant. There is also a higher risk of ectopic pregnancy. The Essure® method cannot be reversed.

If a woman thinks there is any chance she may want a child in the future she should not have tubal sterilisation. It is best not to make such a big decision if you are under stress, such as just after having a baby, or a miscarriage, or when you have other problems.

TUBAL LIGATION

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Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

The information in this Fact Sheet has been provided for educational purposes only. FNPNSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit a Family Planning Clinic. Reviewed May 2014/FPNSW 05/14

How Do You Get A Tubal Sterilisation?

A tubal sterilisation can be arranged through a local doctor, a gynaecologist, a hospital outpatient department or Family Planning clinic. For information on Essure® go to www.essure.com

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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