

Instructions on Tubal Occlusion or Ligation: family planning in Nigeria.
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FEDERAL MINISTRY OF HEALTH, NIGERIA

FAMILY PLANNING

TUBAL OCCLUSION/LIGATION

Steps

- Assess the client's reasons for choosing Voluntary Surgical Contraception (VSC).
- Discuss some changes in life situation which could lead to the client desiring a reversal of the method (e.g. divorce, re-marriage, death of partner).
- Assess the client's readiness for VSC.
- Explore any indication of potential regret such as marital instability.
- Explain the surgical procedure, including risks and benefit, preferably using audio-visual aid such as flip charts, pelvic models or pamphlets.
- Allow the client to ask questions.
- Let the client know that he/she can decide against the method any time before the procedure is performed.
- Obtain the client's signature/thumb print and that of the partner (if necessary) and signature of a witness on the Consent Form.

Pre-Operative Information

- Instruct the client to avoid breakfast on the day of operation.
- Discuss common post-operative complications and what can be done about them.
- Instruct the client on how to use medications that will be prescribed after surgery.
- Educate client on the care of the wound after surgery.
- Explain follow-up schedule to the client.

Post Operative Monitoring

- Take and record the following until stable:
 - Blood pressure and pulse rate every 15 minutes
 - Temperature and respiration rate every hour

Observe the following

- Rapid/excessive respiration
- Restlessness
- Rapid and/or weak pulse
- Pallor or cyanosis
- Unresponsiveness

Instructions to client

- Rest at home for about 48 hours.
- Avoid intercourse until it is comfortable.
- Report for consultation if she has undue pain or complication.
- Keep operation site dry and clean.
- Return for follow-up.



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