

Questions to Ask Your Health Care Professional



A recent survey showed that less than a quarter of women who are considering permanent birth control have talked to their health care professionals about their options. If you are among the 76 percent who haven't, here are some questions to get the conversation started:

1. How will I know if permanent birth control is right for me?
2. What are my options for permanent birth control?
3. What are my other birth control options?
4. What birth control do you recommend for me?
5. How is tubal ligation performed?
6. How is the non-surgical permanent birth control procedure performed?
7. What are the benefits and risks of surgical and nonsurgical permanent birth control?
8. Should my partner and I consider vasectomy?
9. Are there any life circumstances or emotional factors I should consider?
10. Is permanent birth control ever reversible?

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