



**MINILAPAROTOMY  
FOR FEMALE  
STERILIZATION**

**An Illustrated  
Guide for  
Service Providers**

ENGENDERHEALTH

# **MINILAPAROTOMY FOR FEMALE STERILIZATION**

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Guide for  
Service Providers**



**ENGENDERHEALTH**

*Improving Women's Health Worldwide*

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# Preface

**M**inilaparotomy and laparoscopy have transformed female sterilization into a quick, highly effective, and safe outpatient procedure that can and should be performed under local anesthesia. Since development of the minilaparotomy technique in the 1970s, the number of women sterilized has doubled. More than 210 million couples are currently protected from unintended pregnancy by female sterilization, which is currently the most widely used contraceptive method in the world and is projected to remain the most widely used method over the next quarter century.

*Minilaparotomy for Female Sterilization: An Illustrated Guide for Service Providers* is thus of potentially great current and future usefulness. The illustrated guide offers service providers an easy-to-use reference for learning about minilaparotomy for female sterilization. It presents a detailed description of the procedure and also illustrates the step-by-step surgical technique to follow in performing a suprapubic or subumbilical minilaparotomy under local anesthesia, with or without sedation. In addition, the guide reviews basic requirements that are essential to ensure the safety and effectiveness of any female sterilization procedure. Details related to providing female sterilization services can be found in the World Health Organization's Guide to Female Sterilization Services (WHO, 1992).

The illustrated guide is designed for four audiences:

- Experienced providers of female sterilization who want to change from other surgical techniques to the minilaparotomy technique
- Providers who have never performed female sterilization and who want to begin to provide female sterilization services using the minilaparotomy technique under local anesthesia
- Trainers, who may rely on this guide as a reference text while teaching the minilaparotomy technique

- Trainees, who may use the illustrated guide during their training and later for reference to further develop proficiency in their technique

This guide focuses on performing minilaparotomy under local anesthesia, with or without sedation. However, the surgical techniques described can be implemented using other anesthetic regimes. Similarly, the guide describes the modified Pomeroy technique for tubal occlusion, but other occlusion techniques can also be used.

Finally, as useful as this guide may prove to be, it alone is not sufficient preparation for the performance of minilaparotomy under local anesthesia. EngenderHealth strongly recommends that those interested in learning and mastering the minilaparotomy technique obtain hands-on training from a skilled provider. In addition to this guide, EngenderHealth has developed a training curriculum for minilaparotomy under local anesthesia. For more information about this curriculum or about training in minilaparotomy, contact:

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We are confident that this guide will serve as an important resource for making safe, high-quality female sterilization services more accessible and available throughout the world.

Roy Jacobstein, M.D., M.P.H.  
Medical Director, EngenderHealth

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**E**ngenderHealth’s work to facilitate and improve access to safe and effective female sterilization services is core to our organizational mission to improve women’s reproductive health worldwide. Thus, every member of EngenderHealth’s staff has contributed in some fashion to our work to advance female sterilization—and the production of this guide is no exception. In particular, experience accrued over the years by EngenderHealth’s medical and program staff in the provision of quality minilaparotomy services was drawn upon during the writing, review, and revision of this guide.

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