

Official Request for Bilateral Salpingectomy

Requested Procedure(s)

I, [Insert Full Name Here] _____, am seeking a [choose from list below or add your own]

1. ...bilateral salpingectomy sterilization procedure. I am requesting full tube removal to reduce the risk of recanalization and ovarian cancer.
2. ... laparoscopic tubal ligation sterilization procedure. I am requesting...
 - a. the cutting and folding of the tubes to effectively prevent future pregnancy.
 - b. the removing sections of the tubes to effectively prevent future pregnancy.
 - c. the blocking of the tubes with bands or clips to effectively prevent future pregnancy.

Reasons for Sterilization

Sterilization appeals to me because, while it is the most invasive procedure in the short term, it is the most permanent and comforting solution to unwanted fertility. My fertility is unwanted for many personal reasons that are discussed throughout the 'Sterilization Binder' I've put together and brought to today's appointment.

If you add anything else here, make sure you stress that your mind is already made up about sterilization and any reasons you give are justifications after-the-fact. The bottom line is that you do not and never will want to be pregnant.

Reasons for Choosing this Procedure Over Other Options

Insert your current and former contraceptive methods below.

[Current contraceptive] has been my preferred form of contraception for [amount of time] and it has served me [poorly or well] over this period of time. Ultimately it is not a desirable option for me given the need to [Reason 1], [Reason 2], and the fact that any non-permanent contraceptive only serves to further delay the time I finally receive permanent contraception.

[Insert why other contraceptives besides your current one don't work for you]

// My examples:

IUD's do not appeal to me, as they too need to be replaced, carry an elevated risk of ectopic pregnancy, have the risk of perforation, and have the potential of failing without my knowledge.

I also researched and briefly considered Essure, but it's been since pulled from the market.

Other methods of tubal ligation (e.g. clipping or cut and cauterization) were also researched, but there is a risk of perforation with the clips, recanalization after cauterization, increased risk of ectopic pregnancy, and risk of failure. Removing the tubes entirely reduces these risks.

Informed Consent

I am aware that [requested sterilization method] procedure is permanent and not to be considered reversible. I recognize the surgical risks and potential complications, including bleeding, infection, injury to other organs/vessels during surgery, and adverse reactions from Anesthesia. Likewise, I acknowledge that the surgery cannot guarantee 100% pregnancy prevention. I accept all of these risks.

[requested sterilization method], while not free of risk, reduces many of the risks mentioned above, provides the permanence I am seeking, is free of hormones, and will improve my quality of life immensely. It simply is the best and only option for me.

I recognize there is a chance, however small, that I may “change my mind” in the future. Should this situation occur, I’d have plenty of option available to explore including: adoption, foster care, paying a surrogate, or even heavily volunteering with children in need. On the rare chance that I would want a child later in life, I [would do this _].

I have spent [amount of time] researching and thinking about this decision, and as an adult it is my right to make the informed and deliberate decision to never become a mother nor parent. I understand that by pursuing a [requested sterilization method], I am permanently taking away the option from my “future self” - that is my own, deliberate choice.