

## **Female and Male Sterilisation**

If you would like further information regarding female and/or male sterilisation, please refer to the NHS choices website.

<https://www.nhs.uk/conditions/contraception/female-sterilisation/>

<https://www.nhs.uk/video/Pages/Vasectomy.aspx>

## **NHS Choices puts you in control of your healthcare**

NHS Choices has been developed to help you make choices about your health, from lifestyle decisions about things like smoking, drinking and exercise, through to the practical aspect of finding and using NHS services when you need them.