

Fallopian Tube Removal Decision Aid

You are scheduled to undergo abdominal surgery.

You have a choice during this procedure: would you like to have your fallopian tubes removed or not? If you decide to have your fallopian tubes removed, this means that you can no longer become pregnant after this procedure.

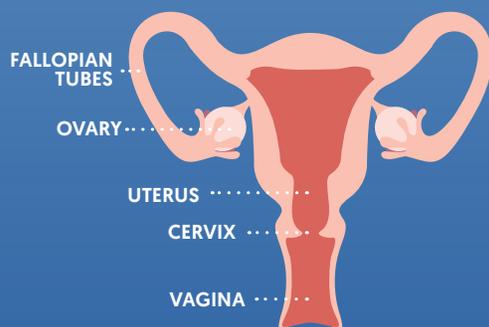
In this decision aid, you will receive an explanation about:

- The removal of the fallopian tubes
- Why you are being given this choice

The removal of the fallopian tubes is an additional procedure that is added to the surgery that you are already scheduled for. Please discuss with your surgeon any questions or information about your original surgery.

1 What do the ovaries and fallopian tubes do?

A woman has two ovaries and two fallopian tubes in her pelvis. The fallopian tubes connect the ovaries to the uterus. These organs make it possible for a woman to become pregnant.



What do the ovaries do?

The ovaries contain eggs that are needed to create a baby. The ovaries also produce hormones that regulate the menstrual cycle. During each menstrual cycle, one egg is released from one of the ovaries and travels to the uterus. This is called ovulation.

Once the eggs have all been released, the ovaries stop producing hormones and the woman then enters menopause.

What do the fallopian tubes do?

The fallopian tubes catch the egg that is released during ovulation and transports it to the uterus.

2

Why should I consider having my fallopian tubes removed?

Removing the fallopian tubes reduces the risk of developing ovarian cancer. Despite being called ovarian cancer, we know that this type of cancer starts in the fallopian tubes. Removing the fallopian tubes means that cancer cells do not have the chance to grow there.

What is the risk of developing ovarian cancer?

- Roughly 14 in every 1000 women in Canada will develop ovarian cancer.
- The average age of diagnosis of ovarian cancer is between 55 and 80 years. In the early stages, ovarian cancer causes very few symptoms so it is difficult to diagnosis it when it is still treatable. There are limited treatment options for late stage disease.
- 70% of women with ovarian cancer die within 5 years of diagnosis.

What effect does removal of the fallopian tubes have?

What effect does removal of the fallopian tubes have? Research shows that the risk of developing the most aggressive type of ovarian cancer is reduced when the fallopian tubes are removed. The risk decreases from 14 in 1000 women to 5 in 1000 women. Other types of ovarian cancer can develop outside the fallopian tubes but these types are often less deadly.

Once the fallopian tubes have been removed, the ovaries are no longer connected to the womb. You can no longer become pregnant naturally. You should only decide to remove your fallopian tubes if you are certain that you do not want to have children in the future.

Because the fallopian tubes do not produce hormones, removing them does not affect menstruation or sexual function. Research shows that removing the fallopian tubes does not lead to a longer recovery after surgery.

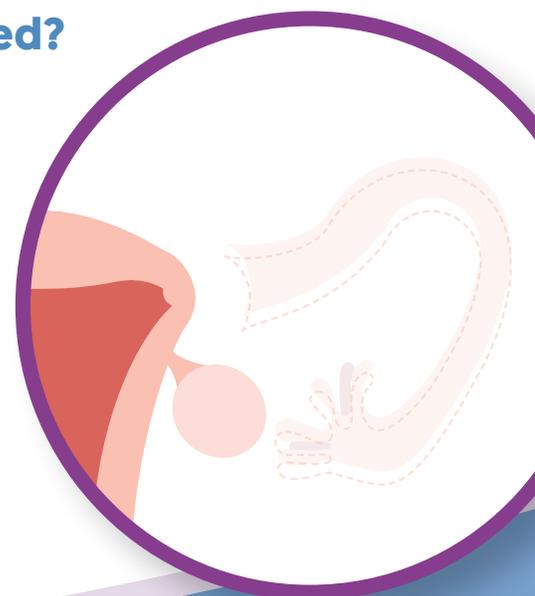
3

How will the fallopian tubes be removed?

The surgeon will find the fallopian tubes in the pelvis and gently detached them from the ovaries and uterus. They are then removed from the abdomen. The ovaries remain in the abdomen. The original surgery will continue either before or after fallopian tube removal.

Why are the ovaries not removed?

The ovaries produce hormones required for the monthly hormone cycle (menstruation). If the ovaries are removed from a woman who has not entered menopause yet, then she will immediately enter menopause. Early menopause (before age 45) increases the risk of osteoporosis, cardiovascular disease and other symptoms.



4

What are the risks?

Removing the fallopian tubes is generally a very safe procedure. As with any surgery, there is a small risk of bleeding or injuring other organs in the area such as the ovaries or uterus.

Research shows that there are no significant risks of fallopian tube removal beyond the risks of the originally planned surgery

5

What if the fallopian tubes cannot be removed?

Some women have scar tissue in their abdomen as a result of prior surgery or infection. Scar tissue can sometimes make it difficult to find and remove the fallopian tubes. Trying to cut out scar tissue can increase the risk of surgical complications.

As a result, surgeons may decide not to remove the fallopian tubes if they think the risk of complications is too high. Sometimes one fallopian tube may be removed if there is scar tissue on only one side of the pelvis.

6

What are the potential benefits and disadvantages?

	Having Fallopian tubes removed	Not Having Fallopian tubes removed
Benefits	<ul style="list-style-type: none">• Reduced risk of developing ovarian cancer• This is a permanent form of contraception	Pregnancy can occur naturally
Disadvantages	You will no longer be able to get pregnant naturally	The risk of developing ovarian cancer remains the same

Your Considerations

You have read the above information about the option of removing the fallopian tubes. In this step the questions will help to figure out what is important for you. There are three statements listed below. Indicate on the bar below which statement applies most to you.

I AM NOT WORRIED ABOUT DEVELOPING OVARIAN CANCER

I AM WORRIED ABOUT DEVELOPING OVARIAN CANCER

5 4 3 2 1 NEUTRAL 1 2 3 4 5

I DO NOT WANT ADDITIONAL SURGERY

MY FALLOPIAN TUBES MAY BE REMOVED, BECAUSE I DO NOT NEED THEM ANYMORE

5 4 3 2 1 NEUTRAL 1 2 3 4 5

I AM WORRIED ABOUT COMPLICATIONS FROM REMOVING MY FALLOPIAN TUBES

I AM NOT WORRIED ABOUT COMPLICATIONS FROM REMOVING MY FALLOPIAN TUBES

5 4 3 2 1 NEUTRAL 1 2 3 4 5

If the slide bars are mostly to the **right**, then **fallopian tube removal** may be the best option for you.

If the slide bars are mostly to the **left**, then **NOT having the fallopian tubes removed** may be the best option for you.

Your Preferences

Use the space below to write down what is important in your life. Things to consider include your family, your work and/or your hobbies. This will help your doctor to learn more about you and to think in terms of what you want.

My Decision

You have thought about what is important for you. Which treatment do you currently prefer?

- Not having fallopian tubes removed
- Fallopian tubes removed
- I do not know

How certain are you of your choice?

- Not Certain
- Fairly Certain
- Certain
- Very Certain

Can you explain why you have this preference?

Do you have any questions that you would still like to discuss with your doctor?

Summary

You have completed the decision aid! Share your summary with your doctor. Together you can then decide what the best option is for you.