

## **NO-SCALPEL VASECTOMY INFORMATION SHEET**

Your GP may have already given you a vasectomy information sheet when you were referred. Your operation will take place at Stock surgery, and you can find out more about Stock surgery as well as viewing all vasectomy information sheets by logging onto the web site [www.stocksurgery.co.uk](http://www.stocksurgery.co.uk).

You must make sure you read and comprehend the information you have been given, so that you arrive for your operation with a full understanding of the procedure, its complications and consequences. There is a brief list at the end of this information sheet.

### **BEFORE YOUR OPERATION**

Read all information carefully – you will be asked to sign a consent form based on your understanding of the procedure. You will have the procedure explained again immediately before the operation and you will have the chance to ask questions.

1 or 2 days before the operation you should carefully and thoroughly shave the scrotum (as in attached diagram).

Arrange to be accompanied home after your operation.

### **ON THE DAY OF YOUR OPERATION**

Have a light breakfast. Eating will significantly reduce the risk of you fainting during or after the procedure. (Blood pressure drop is a natural response to pulling and cutting the vas/tubes).

Have a bath and thoroughly clean the genital area.

Bring a T-shirt and a dressing gown with you.

If you have a favourite CD you would like to listen to during your operation, please bring it with you.

Please aim to arrive 15 minutes early. Upon arrival, please use the touch screen in the building entrance to mark your arrival by following instructions on the screen. Please also speak to a receptionist who will advise you where to wait.

If you wish your wife/partner to stay with you during the operation, this can be accommodated.

## **AFTER THE OPERATION**

You will need to spend some time afterwards at the surgery for observation. Expect to leave 1-2 hours after your appointment time. Make sure you are accompanied home, or take a taxi.

Wear supportive underwear

Take simple painkillers such as paracetamol. You may wish to use an ice pack for short periods of time so long as you do not apply ice directly to the skin.

**You are still fertile until you have provided a semen sample that contains no sperms.** You will be asked to provide a sample at about 16 weeks after the operation. You may be asked to provide further samples before you are given the 'all clear'.

Rest for 48 hours. You can then gradually increase your activity over the next 10 days. Avoid sporting activity and heavy lifting for 1-2 weeks. You can return to work as soon as you feel able according to the discomfort and the type of activity required for your work.

Expect that the small scrotal wound may appear to gape and may discharge small amounts of clear fluid prior to satisfactorily healing.

If you feel there is excessive swelling, pain or redness of the scrotum or if there is a pus discharge from the wound, you should see your GP. Please also be sure to report any complications of your operation when filling in your satisfaction questionnaire (which will be sent to you in the post). This is very important so that surgical complications can be audited.

## **CRUCIAL CONSIDERATIONS BEFORE VASECTOMY**

1. Consider vasectomy as a permanent irreversible removal of your fertility. Be sure this is right for you and consider whether you would feel the same even if your circumstances changed.
2. Has your wife/partner considered equally effective, but reversible contraception such as the mirena coil, norplant or depo-provera injection.
3. Don't forget there is a failure rate for all contraceptives, and for vasectomy it is about 1 in 2000.
4. Remember this is an operation and so there is a risk of complications. These are bleeding, infection and chronic pain. Complications will delay the standard recovery time of 1-2 weeks. One third of men will notice some discomfort beyond the recovery period. This is variable in intensity and duration and may well be intermittent. Only 5% of men feel a need to consult a doctor about pain, and only 1 in 1000 will experience persistent long-term pain.

Very rarely, the procedure may not be suitable for you for technical reasons. You will be assessed for suitability immediately prior to operation.

**IF YOU HAVE PREVIOUSLY HAD SURGERY TO YOUR SCROTUM OR TESTICLES, OR YOU TAKE REGULAR WARFARIN OR ASPIRIN, PLEASE PHONE ASAP TO LEAVE A MESSAGE FOR DR ACORN 08444773088**