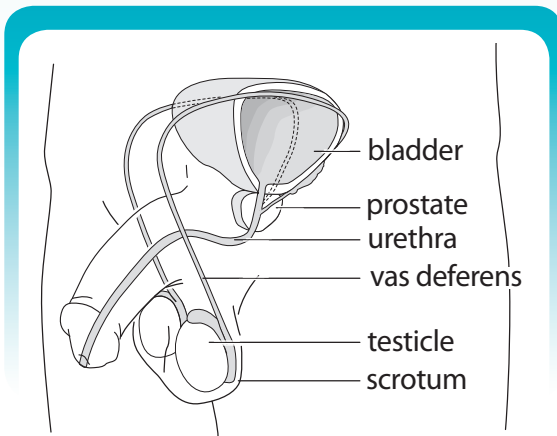




Vasectomy

A vasectomy is a minor surgical procedure performed for permanent birth control.

You are considering having a vasectomy as a means of permanent contraception (birth-control). This is minor surgery in which the **vas deferens** on each side of the scrotum (the "sac") is divided and blocked. The vas is a long tube that runs from each testicle to the urethra (urinary passage). It conducts sperm at the time of ejaculation. When the vas is divided and blocked, the ejaculation fluid (semen) is free of sperm and the egg produced by the woman cannot be fertilized to start a pregnancy.



This procedure should be considered a **permanent** form of birth control. Although the vas can often be reconnected, achieving a pregnancy may be more difficult due to a number of factors affecting the quality of the sperm and the tubes' ability to heal.

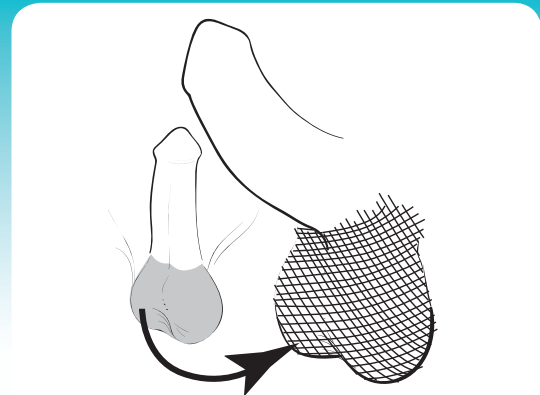
The procedure will be performed in your urologist's office or at your local hospital. On the day of your vasectomy, before your appointment, you may be asked to shave the hair from the front part of the scrotum, if advised to do so by your urologist.

Snug underwear or a scrotal support will keep you more comfortable after the procedure. Bring these items with you for your vasectomy.

The procedure

On the day of your vasectomy, you will be taken to a treatment room and asked to lie down on an examination table. Your scrotal skin will be cleaned with an antiseptic solution, after which you will be covered with a sterile sheet to minimize the risk of infection.

**Area to be shaved:
front and both sides of the scrotum**



Vasectomies are usually performed with local anesthesia. The skin and vas are "frozen" with an anesthetic solution injected through a fine needle. This blocks the sensation of pain, although you may still notice some pressure and pulling.

A small opening is made in the scrotal skin over the vas. Each vas is then divided, and blocked off with clips or sutures. Any bleeding which might occur is controlled. A dissolving stitch may be used to close the skin opening. The procedure is completed usually in about 20 minutes. A small dressing may be applied, which you can remove the next day.

After the procedure

You may be required to have someone accompany you home after your vasectomy.

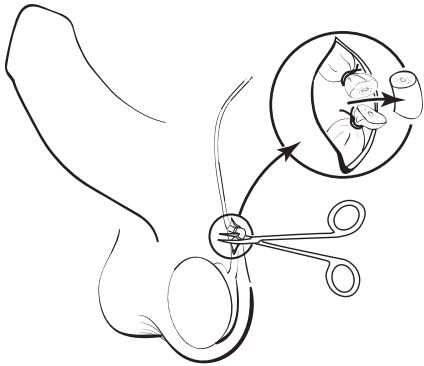
Plan to restrict your activities for the first two or three days after your vasectomy. Avoid strenuous physical activity, heavy lifting, or exercise for about one week. Any strain may cause bleeding or swelling of the scrotum.

Use the pain medications as directed by your physician. You may take acetaminophen (i.e. Tylenol™) or ibuprofen (i.e. Advil™) early after the procedure to help with any discomfort.

Some scrotal swelling after the procedure is common. An ice pack applied to the scrotum for no more than 20 minutes at a time, three to four times a day, will help with pain and swelling.

Vasectomy

Each vas is exposed through a small incision and divided



You may bathe or shower after 24 hours.

Exercise may be resumed when you are comfortable, usually after one week.

You may resume sexual activity after one week, however, you will remain fertile for several months after your vasectomy due to sperm remaining in the tubes and glands. You **must** use another form of birth control until ejaculation clears out these remaining sperm. Between 8-12 weeks after the vasectomy you must produce a semen sample by masturbation to

be examined in the laboratory to ensure no sperm are present in the ejaculated fluid. Your urologist will inform you if one or two samples is required. Until you have been notified that your semen is sperm free you must continue to use another form of birth control. Rarely, the persistence of sperm requires that the vasectomy be repeated to ensure sterility.

Most men have no problem after a vasectomy except for some mild discomfort that may last for a few days. There is, however, a small risk of infection requiring treatment with antibiotics.

Often, a small lump will develop in each vas at the site of division. Some men have scrotal pain that persists for a few weeks or months. Over time, this usually resolves completely without specific treatment, although rarely this discomfort may persist.

Rarely, the ends of the vas may find each other and heal, allowing sperm to persist in the semen, and fertility to return. If this occurs, pregnancy is still possible and the vasectomy will have to be repeated.

A vasectomy should not affect your sexual function nor will you notice any change in your semen.

There is no reason to believe that having a vasectomy can cause other health problems.

Your vasectomy appointment has been scheduled for:

Day: _____ Date: _____

Time: _____ Location: _____

Notes: _____

This publication is produced by

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