

Welcome to the Vasectomy Service At Teldoc Medical Practice

PREPARING FOR YOUR OPERATION

1. The day before your operation please wet shave the base of your penis and the whole of your scrotum (the bag of skin containing the testicles). Pay particular attention to ensure the base of the penis is free from hair.

DO NOT USE HAIR REMOVER

2. Bath or shower on the morning of the operation paying particular attention to the foreskin, penis and scrotal area.
3. Eat a light meal/breakfast before coming for your operation.
4. Wear a pair of tight fitting underpants for support.
5. Arrive at the clinic at the arranged time, and have someone who can drive you home again afterwards.

OPERATION INFORMATION

The Surgeon will first get you to read and sign a consent form. You will then have an opportunity to ask any questions.

He will then physically examine your testicles, ensuring he can feel both of the tubes or Van Deferens. He has to be able to feel the tubes in order for the operation to take place.

The operation is carried out in this clinic using a local anaesthetic, after this has been injected the rest of the operation is pain free. It does only anaesthetise the local area, meaning you are awake and alert throughout the procedure.

A small incision is made in each testicle, and the tubes or Van Deferens through which sperm travels from testicles to the penis, are sealed. This prevents sperm produced in the testes passing into the semen. The operation takes approximately 20 minutes. You will need to wait in the surgery for a further 30 minutes before going home. You must not drive home.

When you get home, take paracetamol (or pain relief you would usually take for a headache), and take it very easy for the first 24 hours. Keeping your feet up will help to keep your blood pressure low and you can use a cold compress against your testicles to help with the aching feeling you may experience and reduce the risk of bleeding.

Please keep the wounds dry for the first 48 hours, after this you can have a shower, but do not use any soap on your testicles. Ideally, avoid a bath for two weeks. Monitor wounds closely for signs of infection.

We recommend **NO** heavy lifting, excessive driving, running, swimming, cycling or going to the gym for **two weeks** following your operation. Please continue to wear tight fitting underwear to support your testicles whilst they heal.

Up to 10% of men experience minor complications such as bleeding (haematoma) and infection and these occasionally require hospital treatment. If you are concerned please contact your own GP or 111 if it is out of hours. Blood in the semen after the operation should rapidly settle on its own. Infection is rare and long-term pain is unlikely after the operation.

Vasectomy is only suitable for those men or couples who are certain they do not want to have further children. **One of the disadvantages of this method of sterilisation is that it is not immediately effective.** Please note that in a small number of cases the operation must be redone and that very rarely a failure occurs some time after an apparently successful operation.

YOU MUST CONTINUE TO USE EFFECTIVE CONTRACEPTION UNTIL YOU ARE INFORMED BY LETTER THAT YOUR SPERM SAMPLES ARE SPERM FREE

PROVIDING SAMPLES

Frequent intercourse or masturbation is needed to clear the remaining sperm. Semen tests are needed. You will be given containers in which to provide samples of semen for testing after the operation. You should collect the samples by masturbation.

All of your sample is needed.

It is recommended that you do not have intercourse for at least 3 days before you collect the specimen. These tests are essential. Occasionally it takes a long time for sperm to clear completely.

Remember to write the date on the containers and forms and place in the specimen bags provided. (Make certain that the lid is firmly in place).

Information will be given to you after the operation about where to take your samples.

If you have any further questions, please contact Teldoc Medical Practice who will be happy to help you.