

NO-SCALPEL VASECTOMY INFORMATION SHEET

Your GP may have already given you a vasectomy information sheet if you have spoken to them for a referral. 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.

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

Please make sure you have paid in full at least 2 weeks ahead, otherwise your appointment space will not have been reserved.

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 genital area – in particular the whole scrotum (ball bag). It is best to use a wet shave, do not use an electric razor or veet on the scrotum.

Arrange to be accompanied home after your operation.

ON THE DAY OF YOUR OPERATION

Make sure you eat as usual including lunch - 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, supportive underwear and a dressing gown with you.

Please aim to arrive 15 minutes early. Upon arrival, please be sure to speak to a receptionist who will check you in and 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 about an hour 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 may still be 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'. The fee covers the cost of semen analysis (where usually one sample and if necessary a second sample is required).

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 (eg if you ended up in a new relationship)
2. Has your wife/partner considered the extremely effective, but reversible contraceptions such as the mirena coil, implant 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 **after** the all clear has been given.
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 3000 will experience persistent long-term pain requiring specialist help.

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 GROIN, SCROTUM OR TESTICLES, OR YOU TAKE REGULAR WARFARIN OR ASPIRIN, PLEASE MAKE SURE YOU DISCUSS THIS WITH DR ACORN: phone 07932006400