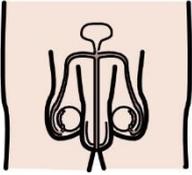
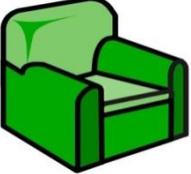


## Important information about your Vasectomy Operation

 Accessible Information	Key Points
	<p>A woman can get pregnant if a man's sperm reaches one of her eggs. Contraception tries to stop this happening by keeping the egg and sperm apart.</p>
	<p>A vasectomy is a type of contraception for men. The tubes in your scrotum will be cut so that your sperm can not leave your body.</p>
	<p>After your vasectomy you will need to take it easy for a few days.</p>

**A vasectomy** is a *permanent* method of contraception. You should **ONLY** have this procedure if you are sure that you never want children or do not want any more children. Otherwise you should consider alternative contraceptive methods. Please see your GP or go to any sexual health clinic.

**A vasectomy is NOT reversible.** You must assume your operation is permanent. A reversal is NOT available on the NHS and may not be successful if done privately.

**A vasectomy is not 100% successful.**

- 1 in 100 operations are **not** successful. This is usually because the ends of the tubes (vasa) heal back together. If there are still live sperm in your semen at least 7 months after your operation you may need a repeat operation.
- Later on about 1 man in 2000 will become fertile again despite having had negative semen tests. If your partner ever feels pregnant she should do a pregnancy test.

After the operation you will need to have *at least* one sample of your semen tested to confirm whether the operation has been successful.

**Vasectomies are generally safe** but as with all operations there are a few risks, detailed in the next table.

Pain, bleeding, bruising, swelling, haematoma, infection
Sperm Granuloma – small collection of sperm around site of vasectomy - rare
Testicular atrophy – blood supply to testicle damaged – very rare
Chronic post vasectomy pain (chronic testicular pain) – uncommon

## Preparing for your operation

### Arrange time off work.

- If you do a desk job it should be possible for you to go back to work after two days
- If you have a heavy job or drive a lot, you should wait at least five days.
- Your HGV insurance may not be valid for seven days after your vasectomy
  - please speak to your employer

**Trim the hairs** on the front of your scrotum as shown in the diagram.

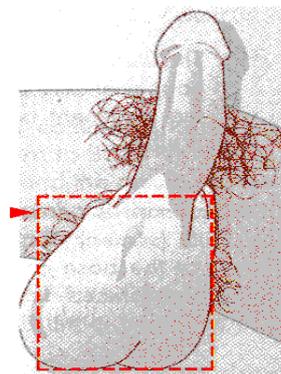
- Shaving is not recommended as it may increase the risk of infection in the wound.

Please **shower or bathe with soap**, on the day of your operation (or the day before your operation). This helps reduce the risk of infection.

Please eat and drink normally on the day of your operation

### The day of your operation

- You can eat and drink normally on the day of your operation.
- Please bring a pair of **tight underpants** to wear afterwards. These reduce bruising and provide support.
- Before your procedure, your surgeon will confirm all your medical details and ensure you understand the vasectomy procedure and its risks and benefits. You will be asked to sign a *consent form* to confirm this.
- You will be examined to ensure the vasectomy can be done under a local anaesthetic. If it is not possible your operation will be cancelled. In this case you will be referred to have the procedure done under a general anaesthetic on a different day.
- The operation will be done under a *local anaesthetic* via one or two small cuts on the front of the scrotum. Once the local anaesthetic has been given, you will not be able to feel any pain, however you will be able to feel pressure. You will not be able to see the operation.
- **You will usually be at the unit for about 1 hour.** You **must** go home with a responsible adult. It is **not advised** for you to go home alone or by bus. You **must not** drive for 24 hours after the procedure.



## What to expect following your operation

You **must**:

- **Rest** for at least 24 hours
- Wear tight underpants or a scrotal support **day and night** for at least 1 week
- Keep the wound clean and dry (but no bathing / showering for at least 24 hours)

You **must not**:

- Drink alcohol for 24 hours after the operation
- Bath or shower for the first 24 hours
- Lift anything heavy for five days
- Drive a HGV for seven days
- Exercise or play sport for two weeks after your operation.

**Pain:** there will usually be some pain when the local anaesthetic wears off. We recommend taking paracetamol or a similar painkiller for this. The pain can last for approximately 1 week.

- It is not uncommon, however, to feel some fullness in the testes for four to six months after a vasectomy
- Sometimes men can suffer from **chronic testicular pain**, which lasts for a long time (months / years) after vasectomy..

**Bruising:** you will have some bruising. Sometimes a lot of bruising may occur. This is most likely if you do too much in the first few days. Painkillers and ice packs (wrapped in a towel) should help.

- Some men get some painful lumpiness in the scrotum above the testicles between 2 and 5 days after their operation. This can be normal. Ibuprofen (if you can take this) and ice packs (wrapped in towels) can help this.

**Blood in semen:** for the first few ejaculations after the vasectomy this can be normal. If it persists, you should contact the vasectomy service or your own GP.

### Reasons to seek help after your operation

- Skin becomes red, hot or swollen or the wound starts discharging
- Testicles become tender or swollen
- Enlarging lump within the scrotum, larger than a golf ball

**Ring** the vasectomy service or surgery where you had your operation done. If they are closed you can see your own GP or your local emergency department. If you do have to see your GP or the emergency department regarding a problem, please let the service know so we can monitor our complication rate.

### Sex after your vasectomy

You can have sex after a week – if you feel comfortable.

**Do not** stop using contraception until you are sent the “all clear” or negative letter. This letter will only be sent once we have confirmed that your semen does not contain any sperm.

Your sex life should not be affected in any way through this operation. You will ejaculate as usual and **your semen will look the same after the vasectomy**. Your hormones and testicles will not change, they will still produce sperm but these will be absorbed by your body. This does not affect your health in any way.

## Semen (sperm) tests

You will need to produce your first semen sample at least 16 weeks *and* 30 ejaculations after your operation. Usually you will be asked to produce a semen sample at home which you will post to the lab for testing.

- You must abstain from ejaculation for at least 48 hours, before but no longer than 7 days before producing your sample.
- You should receive your result ***by letter*** within 4 weeks of your semen sample.
  - If you have not heard from the vasectomy service within 4 weeks, please contact the office on 0300 123 3931
- Some men need to provide further semen samples (every 6 weeks), until their semen becomes free of sperm.
- At 7 months after your vasectomy, a fresh sample of semen may need to be tested at the Queen Alexandra Hospital in Portsmouth (tested within 1 hour of production). This is the only lab in Hampshire which can provide this service.
- If there are still *live* sperm in your semen at least 7 months after your vasectomy, your vasectomy will have failed (see page 1).
  - In this scenario we will offer you a repeat operation.

**If you do not do the semen tests, you will never know if your operation has been successful.**

## FINAL CHECKLIST

- **Trim the hair on the front of your scrotum**
- **Time off work**      arrange appropriate length of time off work.
- **Arrange for a responsible adult to take you home after the operation** you will not be able to have the operation if there is no one to accompany you home.
- **Tight pants**      bring along a pair to your operation to wear after.
- **More information regarding vasectomies can be found on our website:**  
<https://www.letstalkaboutit.nhs.uk/contraception/vasectomy-services/>

## Any questions or concerns?

Please telephone us on: 0300 123 3931 (Monday – Friday 8.30 – 2pm)

**Please note:** missed appointments and cancellations within 3 weeks of the appointment date cost this service and the NHS money and increase the waiting times for other patients. If you fail to attend your appointment or cancel or postpone 2 appointments you will be taken off our waiting list and will be required to return to your GP for another referral.