

**Information for patients regarding Chronic Post Vasectomy Pain (CPVP)**

Chronic post-vasectomy pain (CPVP) is the term given to persistent pain which continues for more than 3 months after a vasectomy procedure. It is usually in the testicle (ball) but can be in the scrotum (ball sac), penis or lower abdomen (tummy) and pelvis.

The cause is unknown. It may be due to the healing of the nerves in that area.

There are no good treatments available for this CPVP - treatments can include painkillers, anti-inflammatory medications and medications that acts on the nerve receptors and operations including vasectomy reversal and nerve blocks. However, none have been found to guarantee permanent pain relief.

The exact percentage of men who suffer from CPVP is unknown as there is no good research. Some men may just get an occasional mild ache whereas some men will get a pain that is severe enough to affect their quality of life (i.e. it will stop them doing things in life such as work and / or hobbies). The latest estimate is that this severe pain will affect between 1 and 2% of men having a vasectomy. The incidence of the less severe pain will be more frequent than this.

If men already have some pain in their testicles and scrotum, it is thought that they will be more at risk of developing this chronic pain than men who do not already suffer from pain. Likewise, men who already have some chronic pain in their body – including chronic back pain and fibromyalgia, may be more at risk of developing CPVP.

As the cause is unknown, we cannot do anything to stop men getting this pain. Therefore all men undergoing a vasectomy should be aware of the risk and must be happy to accept this risk.

If patients are not happy to accept this risk then they should consider alternative forms of contraception.

If you would like to discuss this with a doctor please contact the Vasectomy office on 0300 123 3931 (Monday to Friday: 8:30am - 2pm).