

Day Surgery Unit

Vasectomy

Information for patients following a vasectomy operation.

A Vasectomy is a simple operation to render a man sterile. It is one of the safest and most effective forms of contraception available.

The operation involves division and tying of the tubes that carry sperm away from the testicles in the scrotum to store near the bladder. There are two tubes to tie, one from each testicle.

The procedure is usually performed using a local anaesthetic injection, but sometimes a general anaesthetic may be given depending on the doctor's advice or your own preference providing there is no medical contraindication (factors which might mean that is unwise to carry out the procedure this way). The choice of anaesthetic will have been discussed with you when you attend the out-patients clinic.

The surgeon will approach the tubes to be tied through two small cuts in the skin, one either side of the upper scrotum.

If performed under a local anaesthetic you will feel some stinging as the anaesthetic is injected but after that you should only feel a pulling sensation or a dull ache in your groins or lower abdomen.



Patient Information

Following the operation

After the operation you will return to the ward. Once the surgeon and the anaesthetist agree on your discharge you will be allowed home. If you have had a general anaesthetic you will remain on the ward for a minimum of one hour to allow you time to recover.

At home

Pain Relief

Once the anaesthetic starts to wear off, your normal pain killers such as Paracetamol based products (e.g. Paracetamol, Panadol, Paracodol etc.), should be used to alleviate any pain or discomfort you may be suffering. It is advisable not to take Aspirin based painkillers as this may increase the risk of further bruising. If however, you take Aspirin as routine medication, it is advisable to contact your GP regarding its continuation.

Always follow the instructions on medicines carefully.

Your Wound

Some swelling and bruising of the scrotum and testicles is normal but if severe during the first few hours after the operation you should contact either your own GP or the staff on the Surgical Day Unit on 024 7696 6868 between 8.00am and 5.30pm. To minimise swelling and discomfort, it is advisable to wear a snug fit pair of Y-fronts, bathing trunks or a jock strap. You should continue to wear these night and day for about a week.

The stitches are self-dissolving and do not need to be removed. They will come away on their own between 3 and 10 days after the operation (sometimes it may take a bit longer and may give rise to some discharge at the time). You need only seek your GP's advice if it is persistent, excessively smelly or inflamed.

Bathing

Bathing or showering is acceptable after 24 hours. You **need not** use salt in the water but plain water is advisable. Ensure that following your bath/shower you dry the wound gently and thoroughly. **Do not use talcum powder on your wound.**

Patient Information

Intercourse

Normal sexual activity may be resumed as soon as it is comfortable. You are unlikely to notice the difference in the fluid or semen you produce when you ejaculate. The operation removes your ability to add sperm to the fluid which is produced by other glands and which continues to be produced as normal after the vasectomy.

It is important to remember to take precautions against pregnancy (e.g. condoms) until you have been given the all clear once the post-operative semen specimens have been examined.

Post-vasectomy semen analysis - Please Read This Carefully

You will be required to give 2 specimens normally after about 12 and 16 weeks. It is important to submit at least 2 specimens, to ensure that the vasectomy has been successful. The reason for this is that the sperm can live for 70 days longer and will still be released when you ejaculate for a variable length of time after the operation. In order to empty the 'reservoir' of live sperm within this period of time it is recommended that you have intercourse or ejaculation on average 3 times a week. Sometimes even with this frequency of intercourse, some men take longer to clear their 'reservoir' of sperm. You should not worry if you are asked for one or two further specimens.

It is necessary for you to have 2 consecutive negative sperm tests with an interval of 4 weeks before you consider yourself sterile, and until you have received written confirmation of this either from your consultant or GP, you must continue to take **contraceptive precautions**. No assurance of sterility can be given without these tests and no responsibility will be accepted for failure of the operation if the required semen specimens are not submitted for analysis at the appropriate time.

You **must make an** appointment for these tests.

The dates for your specimen collections are:

| | Due week beginning |
|-------------------|--------------------|
| Specimen 1 | |
| Specimen 2 | |

Patient Information

Please ring the Centre of Reproductive Medicine (CRM) on 024 7696 8873 **one month before** the above dates to make an appointment for semen analysis. It is important to telephone for an appointment as if you fail to do so a semen analysis may not be carried out.

Once the appointment has been confirmed

- There should be an interval of 3 days between intercourse and collection of specimen.
- The semen sample should be collected under conditions of cleanliness and we therefore would advise you to wash your penis carefully before producing your specimen.
- Please ensure that when delivering the semen sample to the CRM, the container and the form is clearly labelled with your name and date to provide the CRM with your personal details.
- The specimen should be brought to the laboratory **within 1 hour of collection** and if possible kept at body temperature. **It must not be posted.**
- The specimen must be passed directly into the container provided, by hand (masturbation) **but a sheath must not be used.** It is important that if any of the specimen is not collected in the container the laboratory are informed when you deliver the semen sample for analysis.

The results of each assessment will be sent to your GP within 2 weeks of your semen analysis appointment date. You should contact your GP directly for these results. If you have any queries telephone 024 7696 6868.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6868 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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