



Vasectomy

Vasectomy is a safe, simple, effective form of contraception for men. **It should be considered to be permanent.**

Vasectomy is performed under local anaesthetic which numbs the area. There is some discomfort experienced while the anaesthetic is given but it then works within seconds and lasts several hours.

The operation of vasectomy aims to seal the tubes that carry sperm. It should not affect sex drive or ejaculation. The contraceptive effect of vasectomy is not immediate and the doctor will explain to you that you will need to produce two semen samples after 4 months to confirm that it has been effective.

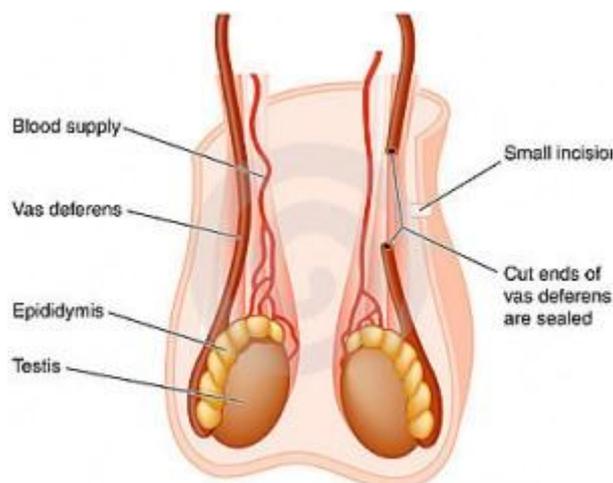
The Operation

The testicles, (male reproductive organs), lie outside the body in a pouch of skin known as the scrotum. The sperm are passed from the testicles through a thin tube known as the vas deferens (vas) and with the secretions from the other glands in the body, form the ejaculate or seminal fluid. These tubes lie close to the skin on either side of the scrotum, and are therefore easily accessible.

The operation usually takes around 20 minutes, with perhaps 10 minutes before and after for preparation and finishing. You will be given a small injection of local anaesthetic into the skin of the scrotum. A tiny opening is made (rarely, two may be needed) and a piece of the tube leading from each testicle is sealed and cut so that sperm can no longer get through. On reaching the sealed end of the tube the sperm quickly die and are dealt with by the natural processes of the body, as are dead cells elsewhere.

It is important that you understand that this effect takes at least 4 months and other forms of contraception must be used until you are told that the vasectomy has been effective.

The modified-Li (Non-scalpel) vasectomy is the technique most often used in this clinic.



For more information please access Patient Information Leaflets

<http://www.patient.co.uk/health/Vasectomy.htm> and <http://www.patient.co.uk/health/Vasectomy-Picture-Summary.htm>

These will be printed for you if you are unable to access them at home



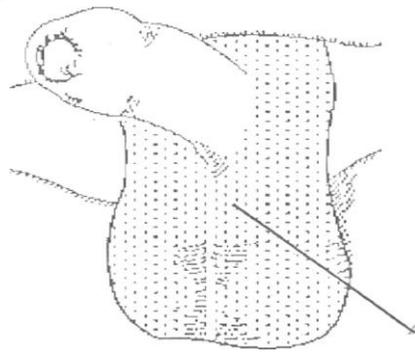
Vasectomy: pre-operative advice

Things you need to do before the operation:

1. You will be having a local anaesthetic; it is a good idea to have eaten a light breakfast before attending.
2. You should plan to be collected from the surgery by car as you will not be able to drive straight after your operation.
3. Remember to bring supportive underwear or swimming trunks with you.
4. Please also bring with you a dressing gown and a T shirt.
5. You will need to shave the scrotum the day before the procedure (see instructions below).
6. If you are taking aspirin, please stop taking it at least 2 days before the operation.

On the day of the procedure the doctor will spend a few minutes talking with you before the operation, to explain details again and to answer any final questions you may have.

You MUST shave your scrotum as shown in the diagram below at least a day before the operation is due.



Shave the dotted area
the day before the
procedure



Vasectomy: post-op advice

After The Operation

You should not drive yourself but arrange for someone to collect you or use a taxi.

It is normal for you to experience some discomfort during the first few days and occasionally some swelling develops. It is sensible to plan to relax at home for 2-3 days before returning to work. We also advise that you avoid strenuous exercise, heavy lifting or driving long distances for at least a week. After that time you can resume normal work, sport etc. It is safe to have sex as soon as you feel able to.

1. To minimise swelling and discomfort, it is advisable to wear tight fitting underpants, swimming trunks or a jock strap day and night for about one week.
2. In about one hour the effect of the local anaesthetic will wear off and some discomfort may be felt at the site of the procedure. Some paracetamol or other simple pain relieving tablet may then be taken at the recommended dose (preferably not aspirin). An ice pack on the scrotum for 10-15 minutes every 1-2 hours for the first day may reduce swelling and discomfort. Remember to place a clean tea towel (or similar) between the ice pack and the skin.
3. If skin stitches are inserted, they will dissolve and do not need to be removed. Usually however there is only a small cut that will heal itself.
4. On return home, you should rest lying down for 24 hours, and spend the following 24-48 hours resting at home. After that, most men are able to resume work unless it is physically strenuous.
5. Some bruising of the skin around the site of the cut is not unusual. There may also be some slight swelling, but this will soon disappear. If it is severe during the first few hours after the operation, you should contact your own GP surgery.
6. After the procedure care should be taken with bathing for about 7 seven days. Although the operation area may be slightly blood-stained, it is better not to wash for 24 hours. It is then best not to soak in a bath but to have showers, letting the water run over the area. If you do not have a shower, then kneel in a bath and sponge water over the area. Do not use excessive soap or shampoos and do not use talc.
7. Where the tubes have been cauterised and cut, some scar tissue will form. This may be felt as a slightly lumpy, sometimes tender area just above the testicle. This is quite normal, but if you do become concerned about any unusual lumps, we advise you to see your own GP.
8. Infection is unusual but if you develop flu-like symptoms it is sensible to see your doctor.
9. Sexual intercourse can be resumed as soon as you are comfortable but make sure contraception is used.
10. **The operation does not immediately make you sterile** since there are many sperm in the storage space between the cut tube and the end of the penis, and time must be allowed for these to be flushed out at each ejaculation. The sperm themselves are only a very small fraction of the seminal fluid so ejaculation quantity and appearance are unchanged after the operation. It is essential to continue to use contraception until there are no more live sperm in the ejaculation. This will be shown by sperm tests carried out 16-18 weeks after the operation. In general the more ejaculations there have been since the procedure, the more likely the ejaculate is to be clear of sperm. Two tests are done at least a week apart and both must be clear before you can rely on the vasectomy for contraception. It is not unusual for more than 2 tests to be required and you must wait until you have had confirmation that the procedure has been effective before you abandon other forms of contraception.



Procedure for obtaining vasectomy

You should go, ideally with your partner, to your doctor who should discuss your request and refer you to see us at the Thorndike Surgery.

If you are already a Thorndike Surgery patient then please book an appointment with Dr Moore directly.

You will see Dr Moore for counselling and examination prior to being booked for the procedure. If you decide to go ahead at this appointment, we will book you a date for your operation or arrange for an appointment to be sent out to you.

Our waiting list is currently about a month.

It is this Clinic's usual policy that:

- If your partner is pregnant, or has recently had a baby, Vasectomy should normally be deferred until the child is six months old.
- If either partner is under the age of twenty-five we also recommend that the operation should be deferred.
- If you are not 100% certain that you will not want more children in the future, we strongly advise that you do not have a vasectomy.
- As a rule we do not offer the procedure to men with a BMI of greater than 32 and/or weight more than 120kg.

Where any of the above apply, it is certainly still possible that the man will be accepted for the procedure after counselling.



How to find us

**The Thorndike Surgery, The Dame Sybil Thorndike Health Care Centre, Longley Road,
Rochester, ME1 2TH**

Telephone: 01634 817217, Fax: 01634 810814

[Click here to view map](#)

Parking

There is free parking available at The Thorndike Surgery and on surrounding roads.



The Thorndike Surgery, Longley Road, Rochester, ME1 2TH

PATIENT APPLICATION/CONSENT TO AN OPERATION FOR PRIMARY MALE STERILISATION

1. PATIENT (first line to be completed in BLOCK CAPITALS)

I.....of (address).....

I consent to undergo the operation of vasectomy, the nature and effect of which have been explained to me by Dr..... I have been told that the intention of the operation is to make me sterile and incapable of fathering a child, and I understand that the effect of the operation may not be reversible. I understand also that there is a very small possibility that I may not become or remain sterile. I understand also that two consecutive negative sperm counts must be obtained before I abandon other methods of contraception. I also consent to the administration of a local anaesthetic. No assurance has been given to me that the operation will be performed by a particular surgeon.

Date.....Signed.....

2. DOCTOR

I confirm that I have examined this patient's genitalia, explained to him the nature and effect of his operation, and I know of no contra-indication due either to physical abnormality, psychiatric disorders or drug therapy.

I have explained the risks of:

- failure to clear (approx 1 in 200) Yes/No
- late recanalization (approx 1 in 2000) Yes/no
- infection Yes/No
- bleeding/bruising Yes/No
- chronic scrotal pain risk (approx 3-20%) Yes/No
- formation of a seminoma/lump Yes/No

I have explained the need for 2 consecutive negative sperm counts are necessary before other contraception can be abandoned Yes/No

Additional information

Hernia: Yes/No

Varicocele on standing: Yes/No

Orchidectomy: Yes/No

Orchidopexy: Yes/No

Other: Yes/No

Any other scrotal surgery/injury or scrotal pain – please state:

Height.....m

Weight.....kg

BMI.....

Date.....Doctor's Signature.....

CONFIRMATION OF CONSENT (to be completed by a health professional when the patient is admitted for the procedure, if the patient has signed the form in advance).

On behalf of the team treating the patient, I have confirmed with the patient that he has no further questions and wishes to proceed with the operation.

Signature of member of the healthcare team.....Date.....

Name (PRINT)..... Surgeon/Nurse

Signature of patient.....Date.....



INDIVIDUAL PATIENT INFORMATION PRE-VASECTOMY

NAME.....

Your age..... Date of birth.../.../..... Occupation.....

Ages and sexes of children

Is your wife/partner pregnant? Yes/No

Give details with date(s) of *any* operation(s) or condition(s) you have had in the groin or scrotum

.....

Have you had severe mumps affecting the testicles?

If yes give date.....

Give details of any medicines you take on Doctor's prescription. (including Aspirin).....

.....

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Are you a smoker? Yes/No

Are you diabetic? Yes/No

Do you take aspirin/warfarin? Yes/No

Dates when NOT available.....

Phone numbers:

home:.....

Mobile.....

work:.....

E-mail address



INSTRUCTIONS FOR PRODUCING A SEMEN SAMPLE FOR ANALYSIS

Collection of the sample

Instructions will be given to you at the time of the vasectomy