

Having a Vasectomy

A patients guide to having a vasectomy

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Having a Vasectomy

Vasectomy is the only permanent method of male contraception. It is safe, effective and ideal for men who have completed their families or for those who do not want to have any children.

However because it is a permanent procedure, vasectomy is not a decision to be taken lightly.

This booklet aims to answer some common questions about vasectomy, but do not be afraid to ask if there is anything else you want to know – we want you to feel totally confident in your decision.



Your Doctor Dr Richard Look Tong

Dr Richard Look Tong has been doing NSV technique for 12 years and is accredited by the **Faculty of Sexual and Reproductive Healthcare** to train and perform NSV.

He will guide you through the process and remain in touch until success is achieved. ■

Vasectomy Questions

What is vasectomy – how does it work?

Vasectomy is the common name for male sterilisation – a permanent method of contraception. It is a simple surgical procedure that seals the sperm-carrying tubes (vas deferens) to prevent sperm from entering the fluid you ejaculate. The procedure just takes about 15–20 minutes. We use a 'No Scalpel' technique to achieve this. There is a lower complication and infection rate using this method. ■

Who chooses vasectomy?

Any man who decides that he definitely does not want to have any more children or any children at all. It is a permanent procedure, so you must be absolutely sure about your decision – you cannot change your mind afterwards. We therefore offer a consultation with counselling prior to the procedure taking place. It is possible to book the consultation and procedure on the same day or separately if you would like more time to consider. We will not refuse anyone on the grounds of marital status. ■

How will vasectomy affect my body?

Your testicles will continue to produce sperm, but after the vasectomy procedure this cannot enter the tubes and is simply re-absorbed into the body. Vasectomy does not affect the production of male hormones. Orgasm and ejaculation are also not affected. The only difference when you ejaculate is that there is no sperm in the fluid – it will look the same. ■

Will a vasectomy affect my sex life?

With no change to your hormones, ejaculation or orgasm, there is no reason why a vasectomy should have a negative impact on your sex life. In fact, many couples find vasectomy improves their sex life – enjoying greater sexual freedom once they no longer have the worry of an unintended pregnancy. ■

How effective is vasectomy?

Vasectomy is probably the most effective method of contraception that exists; the failure rate is less than 1%. The sperm-carrying tubes may join together again naturally, but this is rare. If this happens soon after the procedure, we will find out when we test for sperm. We will offer to repeat the vasectomy at no cost to ensure it is successful. Very occasionally, the tubes will rejoin years after the procedure. You will have no way of knowing if this has happened, but if your partner falls unexpectedly pregnant following your vasectomy, we will be able to offer advice and help. ■

How is a vasectomy performed?

A fast acting local anaesthetic is given before the procedure, which numbs the area. We cannot guarantee that you will feel no discomfort as each person reacts differently, but any discomfort can be relieved with pain-killers.

(See post vasectomy pain killer advice) ■

Vasectomy Questions

What are the risks of vasectomy?

Vasectomy is a very common and safe procedure and long-term complications are very rare. However you need to be aware that, as with any surgery there are risks involved.

- **Infection**

The risk is small, but can be easily treated with antibiotics.

- **Swelling/ bruising**

It is common to experience a little swelling or bruising which can be relieved with painkillers and an ice pack. A small, pea-sized lump may develop around the wound and last for a while. This is your body's natural reaction to the healing process and usually needs no special treatment.

- **Bleeding**

A small amount of bleeding is not uncommon. This may form a swelling called a haematoma, particularly if you have been undergoing physical activity. A haematoma can be painful but subsides over time. In rare cases further treatment may be indicated.

- **Post-operative pain**

A very small number of men have been known to experience testicular pain for several years following a vasectomy. ■

Does vasectomy increase the risk of cancer?

There is no firm evidence linking vasectomy to cancer of the prostate or testicles.

However, we advise all men, whether or not they have had a vasectomy, to undergo regular health screening. It is also important to get into the habit of regularly checking your own testicles for lumps. ■

Are there any alternatives to vasectomy?

There are very few methods of contraception for men, either vasectomy or condoms. If you have doubts over whether or not you will want to have children in the future, you should choose another method instead of male or female sterilisation. ■

Does anyone need to know?

Only you can decide whether or not to have a vasectomy. You do not need your partner's agreement and our service is confidential. However, if you are in a long-term relationship, we would always advise that you discuss such an important decision with your partner. We will not inform anyone, without permission. ■

Is my medical history important?

We need to know if you have had any previous surgery on your testicles or a hernia repair. Scar tissue from these procedures can make vasectomy a little more complicated. Please also tell us of any other significant conditions such as chest or heart problems or hepatitis. It should not affect your procedure, but it is important for your safety that we are aware of such problems. The doctor will examine you prior to the procedure and should he/ she anticipate any problems, your procedure may be postponed to a later date. ■

How much time will I need to take off?

It is a good idea to take things easy for a day or two. You might want a couple of days off work. If you have a very physical job we would advise you take a week off. We will be happy to give advice about your particular situation. ■

Vasectomy Questions

Does the vasectomy work straight away?

No. Because there will be some sperm left in your tubes, you will still need to use another method of contraception for a few months until the tubes have cleared. We will ask you to provide a sperm sample at 16 weeks after the procedure to check if there are sperm still present. You should try to ejaculate up to 25 times during this period. When you have given a sample that is free from sperm we will write and inform you that your vasectomy has been successful and that you can stop using contraception. In some cases it takes a number of ejaculations to clear the tubes so we may need to ask for further samples. ■

When can I play sport again?

You should avoid going to the gym, cycling, playing very physical sports such as football, and rugby for a couple of weeks. ■

How much does it cost?

The fee for vasectomy including all pre procedure counselling, and follow up semen analysis is available from reception or online at www.coolesurgery.ie/vasectomy. If there is anything at all that you are unsure about or that is worrying you, please do ask. ■

Will I have any stitches?

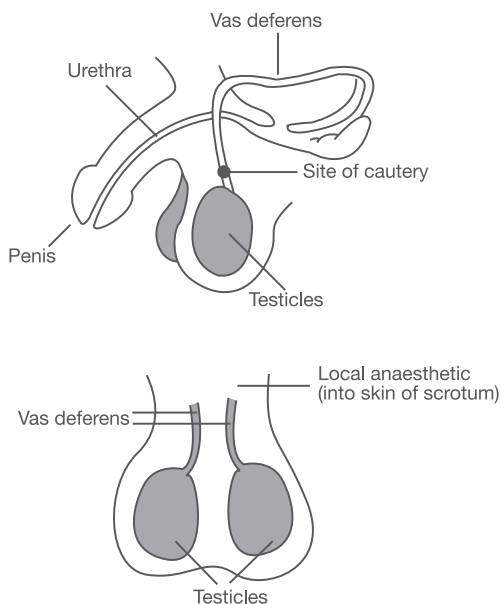
No. The operation is performed through a small incision at the front of the scrotum. The wound is less than 1/2 cm and will heal without stitches. ■

Can I drive after the procedure?

We strongly advise attending the procedure with someone who can drive you home once it is completed. This will reduce the chance of post operative complications. ■

How is a Vasectomy performed?

Appendix I



Do I need sedation?

Sedation is routinely offered but not necessary to undergo vasectomy. A small quantity of sedation is given intra venously through a small plastic tube in the back of your hand.

We have found that men prefer this as it helps to relax them on the day, making them less anxious.

If you consent to having sedation you **will not be able to drive home or operate any vehicle or machinery** for the remainder of the day. ■

On the day of Vasectomy

What should I do on the day of the procedure?



- A shower or bath is recommended on the day of the procedure the testicles must be shaved to reduce the risk of infection (If you would prefer this can be undertaken at the surgery by the medical staff).
- Arrive 15 minutes before your booked appointment so that last minute queries can be addressed.
- Please ensure that **tight fitting** underwear is worn on the day of the procedure. This will reduce the risk of post vasectomy bleeding and discomfort. ■

What should I do AFTER the procedure?

- **Go directly home and rest today.** Stay home after surgery, recline, relax, and avoid getting up unnecessarily. **Tomorrow** you may return to light activities or work.
- **Wear snug-fitting briefs** for protection and comfort during the first week. Leave the gauze in place until tomorrow then discard it. If you notice bleeding from the incision, then firmly pinch the skin between gauze for ten minutes. Otherwise, **avoid touching or disturbing the incision. do not** apply antiseptic or plasters. If you wish to use an ice pack on the day of surgery, place it over your briefs, against the front of the scrotum for a maximum of 30 minutes at a time.
- **Avoid straining for seven days.** Bearing down, as in reaching, squatting, or heavy lifting might cause bleeding inside the scrotum.
- **For 14 days avoid bumping, bouncing, or jarring** as in contact sports, skiing, even golf, or other vigorous activity, which might also cause bleeding inside the scrotum. Remember, 'Prevention is the best remedy.'
- **Avoid sexual stimulation for a couple days.** Gentle sexual activity that does not disturb your incision is allowed after the first couple days, **but you must use some other method of contraception** until your semen is tested negative for sperm. It is normal to notice blood or a brown colour in the semen during the first few weeks.
- You should expect only mild discomfort for a few days. You may take Paracetamol and ibuprofen. Our suggested regimen is detailed on a separate page at the end of this booklet. **An anti-inflammatory regimen** is often recommended if there is persistent achy pain: If you are having severe pain, or need stronger pain medication, please call the Dr Look Tong as advised. A painless black-and-blue colour around the scrotum and the base of the penis might appear on the second or third day. It is harmless and will fade over several days.

continued overleaf >>

After Vasectomy Instructions

- On each side of your scrotum, the vas deferens will develop a pea-size nodule where it was blocked by vasectomy. This scar is normal and permanent. Initially it will be tender if you pinch it, (so stop doing that!) The tenderness will resolve within a few months.
- If you have a large purple lump like a golf ball in the scrotum in the first two days, it may be a hematoma (blood accumulation). Please advise Dr Look Tong should this happen.
- If you have any questions or concerns about how you are healing, if you have excessive pain or swelling, or redness or pus around the incision and a fever, please call the clinic for advice.
- Remember that you must complete a **test of success before discontinuing contraceptives**. A letter will be sent to you when this is due with instructions detailing the process of sample testing.

This is normally a single sample at 16 weeks post vasectomy. ■

Wound Aftercare

- There is a small incision on the front of the testicular sack
- There are no stitches to be removed
- On the day of the procedure it will be covered with sterile gauze padding only
- Please keep the wound clean and covered with the sterile gauze you have been provided with until the wound is healed.
- You can shower daily. The wound can be wet.
- Please do not sit in a bath of water or go swimming until the wound is fully healed (7-10 days)

If you are unsure please contact us at:
vasectomy@primarycaresolutions.ie

After Vasectomy Instructions

Specific Activity Guidelines to Prevent Complications

TODAY

YOU MAY DO THIS:



Eat & drink normally

Sit, lie, or recline

Enjoy TV, videos, reading, computer work

Take Paracetamol and ibuprofen as directed, (Difene if necessary)

Write love letters

DO NOT DO THIS:



Return to work

Go out to eat or shop

Exercise, go for a walk

Entertain guests or attend social gathering

Engage in sexual activity

Specific Activity Guidelines to Prevent Complications

NEXT 7 DAYS

YOU MAY DO THIS:



Do office work

Go walking

Drive your car

Lift and carry less than 40 lbs

Go shopping

Take showers

Do light physical work

Have sex gently

DO NOT DO THIS:



Heavily exert yourself

Go jogging or golfing

Ride a bike

Do weight lifting

Rough play with kids

Go swimming, bathing

Jump or strain

Disturb your incision

After Vasectomy Instructions

Post-vasectomy pain syndrome

Post-vasectomy pain syndrome is a chronic and sometimes debilitating genital pain condition that may develop immediately or several years after vasectomy. Because this condition is a syndrome, there is no single treatment method, therefore efforts focus on mitigating/relieving the individual patient's specific pain, which may include further surgery. Although rare, patients

may experience chronic scrotal content pain following a vasectomy. The 2012 American Urological Association (AUA) guideline for vasectomy which was updated in 2015 states that 1–2% of men who undergo a vasectomy will develop chronic scrotal pain that is severe enough to interfere with their quality of life and require medical attention. ■

If there are any problems out of hours or have any questions following the procedure you can contact us at:

vasectomy@primarycaresolutions.ie
or call **0851687002**

Consent Form

Place Addressograph Here

I, [Name, Surname]

.....
Authorise Dr.

I have had an opportunity to ask questions and have had them answered. In addition, I have read this form and it has been explained to me in lay terminology. I understand the risks and intend to have the procedure done.

Signature:

.....
to do a **vasectomy**, which consists of the surgical removal of a segment of the vas deferens (the tube that conveys sperm from the testicles to the outside). Other methods of treatment, including not having this procedure done, have been discussed with me and I have chosen this method.

.....
Witness, if applicable:

I understand the following:

- That the purpose of a vasectomy is to render me permanently sterile.
- That there is no guarantee that sterility will be obtained (sterility is either not obtained or fertility returns in approximately one case in five hundred).
- That possible complications include, but are not limited to: Pain; swelling; possible psychological effect on my sex life; bleeding; infection; allergy to local anaesthetic; failure to achieve permanent sterilisation; vas deferens may grow back together in the first few months or later.
- That I must continue to use contraceptives until sterility is confirmed by one sperm count at 16 weeks after the procedure

DOCTORS STATEMENT: The patient and I have discussed this procedure, the risks, complications, and alternatives. To the best of my knowledge, the patient understands the procedure and consents to it.

(Dr's Signature):

.....
Date:

Post Vasectomy Pain Killer Advice

We appreciate people deal with pain in different ways.

Following is our recommendations on how pain killers should be taken after a vasectomy. Please omit the use of Nurofen (ibuprofen) if you are asthmatic, have reflux disease or have been diagnosed with a stomach ulcer in the past.

On the night of the procedure

- 2 Panadol (paracetamol) before bed

Day 1 after the procedure

Breakfast

- 2 Panadol (Paracetamol 500mgs)
- 2 Nurofen (Ibuprofen 200mgs)

Lunch

- 2 Panadol (paracetamol)
- 2 Nurofen (Ibuprofen)

Supper

- 2 Panadol (paracetamol)
- 2 Nurofen (Ibuprofen)

Day 2 after the procedure

- 2 Panadol (paracetamol)
- 2 Nurofen (Ibuprofen)
- As required; repeated 4 times per day.
- A prescription for Difene (Diclac, Voltorol) has been provided if you feel you need stronger pain killers. This can be used at any chemist.
- If you are at all concerned, please call for advice

Do not use Difene or Nurofen if you have a history of asthma or stomach ulcers



Locations are:

Coole Surgery
Coole
Co. Westmeath
N91 F7XR

Centric / Primacare
Ballyowen Lane Medical
Centre
Ballyowen
Lucan
Co. Dublin
K78 X6V9

Mullingar Medical Centre
Primary Care Center,
Harbour Rd,
Mullingar,
Co. Westmeath,
N91 V6R9

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