

Welcome to the Vasectomy Service



PATIENT DETAIL STICKER

At this pre-operative appointment you will have met a nurse specialist:

Name: _____ Date: _____

Pre - op check: (if applicable)

Date: _____ Time: _____

Location: _____

Vasectomy operation:

Date: _____ Time: _____

Location: _____

If you have any further questions please do not hesitate to contact us using the number/email address below

If you are unable to attend for your Vasectomy operation or need to discuss the possibility of changing the date/time, please contact us as soon as possible:

PLEASE NOTE: As per DCHSFT guidelines we are usually only allowed to offer two appointments to a patient, further cancellations may result in your file being closed.

Main Vasectomy office: Wheatbridge **01246 293702**

Email: **DCHST.vasectomy-services@nhs.net**

Heanor (only on day of your appointment): **01773 599410**

This booklet is designed to give you information about your vasectomy and answer any queries you may have.

PLEASE READ THROUGH THE BOOKLET AND FAMILIARISE YOURSELF WITH THE INFORMATION ENCLOSED AND THE ADVICE TO HELP YOU BEFORE AND AFTER YOUR OPERATION.

What is a vasectomy?

- Vasectomy, or male sterilisation, is a very popular form of contraception which is chosen by millions of men worldwide.
- It is safe and effective but, because it is regarded as a permanent form of contraception, you will need to be sure it is the right choice for you before going ahead with the operation.
- Men who choose vasectomy have to be sure that they have completed their family and decided to take responsibility for contraception, or in some cases, may not wish to have any children at all.
- Vasectomy reversal is NOT available on the NHS so a vasectomy needs to be seen as a permanent decision.

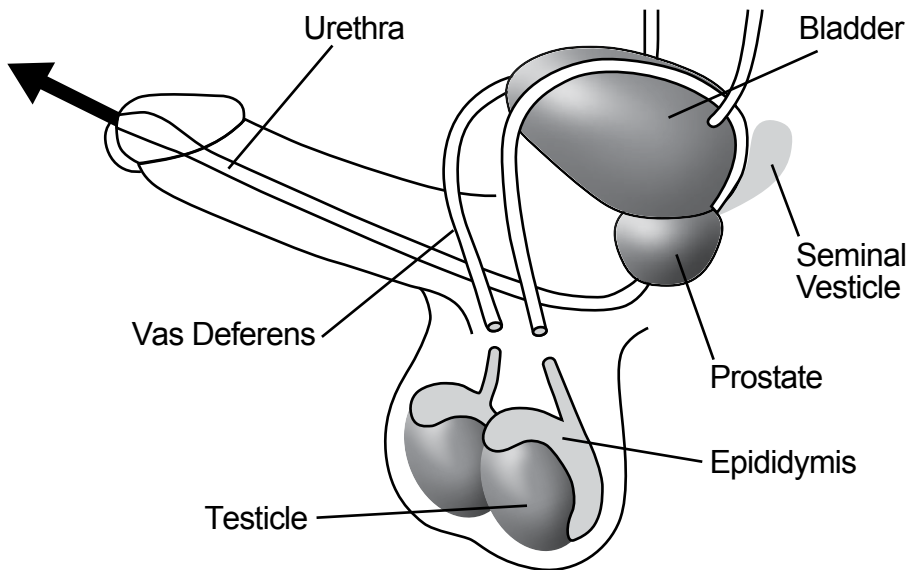
How is it performed?

- A vasectomy is a simple surgical procedure which usually takes between 20 – 30 minutes to carry out.
- In this clinic we only carry out operations using a fast acting local anaesthetic (i.e. you will be awake during the procedure).
- Our doctors use a technique called the 'no scalpel technique.' The procedure seals the sperm carrying tubes, called the vas deferens, to prevent sperm entering the fluid which you ejaculate. These tubes are sealed using cautery (heat sealing)
- No stitches are needed to the skin afterwards.

How will vasectomy affect me?

- Having a vasectomy does not affect your male hormones, ejaculations, orgasm or sperm production, therefore sexual feelings and erections remain unchanged.
- After you have received your 'all clear' letter you will still produce the seminal fluid from the prostate/seminal vesicles, so that when you ejaculate it will look and feel the same but there will be no sperm present.

After Vasectomy



Please be aware that this method of sterilisation is not immediately effective.

You will need to submit at least one post-operative semen sample to make sure that the operation has been successful.

You should only rely on vasectomy after you have received an 'all clear' letter from our clinic.



What are the risks?

- Vasectomy is a very common and safe procedure; if you follow our aftercare advice then most men will experience no problems at all afterwards.
- After your operation, we give you written and verbal advice, to help your recovery.

After your operation we would expect:

- Minor bruising and swelling
- Aching and/or mild discomfort
- Sometimes there may be blood in the semen, this should rapidly settle on its own.

However, all surgical procedures do carry some risk of post-operative complications and up to 10% of men experience minor complications such as:

- Post-operative bleeding
- Severe bruising and/or haematoma (collection of blood forming a small lump)
- Post-operative infection

Occasionally these problems may require you to seek treatment from your GP or from a hospital.

Longer term potential complications include:

- Long term discomfort in the testicle (very rare)
- Early failure (i.e. sperm still present in the semen): between 1-3% of cases. This can only be picked up by you providing your post op sample(s).
- Late failure (i.e. pregnancy after the 'all clear'): 1 in 2000 cases.
- Testicular atrophy(shrinking of the testicle) – extremely rare

Preparing for your operation

1. Do NOT take Ibuprofen/Naproxen for three days before your operation. Other medication will be discussed on an individual basis.
2. You will need to rest for 48 hours after your operation with your feet elevated
3. Refrain from any strenuous activities/heavy work for seven days
4. Avoid all sports/gym/swimming for two weeks after your operation.

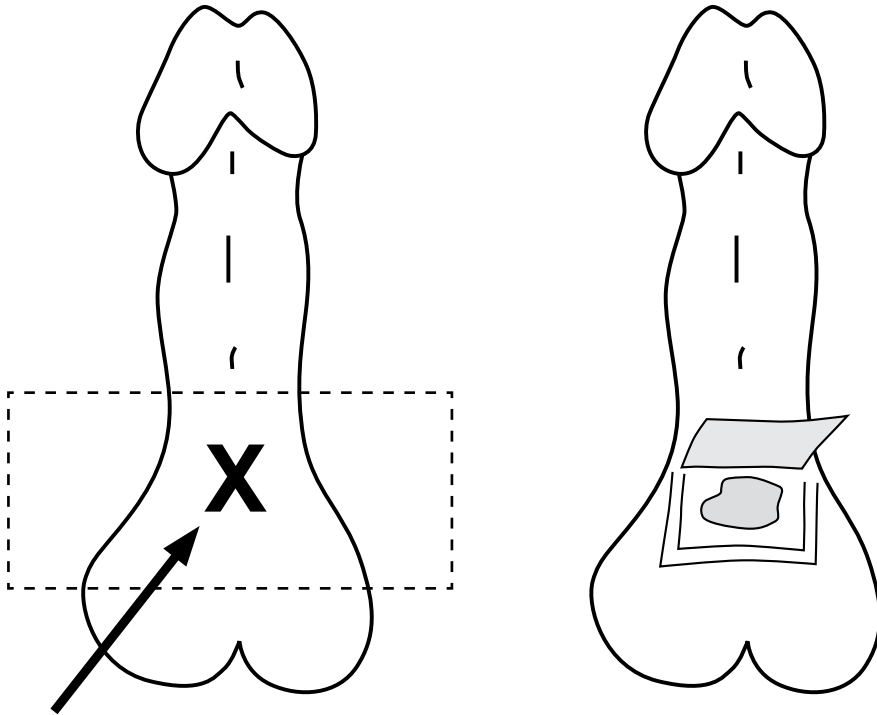
One day before your operation:

1. Ensure that you have tight fitting, supportive underpants. You will need to wear these day and night for a minimum of 7 days after your operation.
2. Make sure that you have some simple painkillers at home i.e. paracetamol or cocodamol. Do NOT take Ibuprofen/ Naproxen for three days before or two days after your operation
3. Please wet shave or clipper your scrotum area. Please do not use hair removing cream.
4. Ensure that you have arranged for someone to drive you straight home after your operation.
5. Please read through the information section 'After your operation' so that you are fully prepared about what to expect.

Day of your operation:

1. Please take a bath or shower, paying particular attention to washing the foreskin, penis and scrotal area.
2. Please eat a light meal before coming to the clinic.
3. Please apply the local anaesthetic cream (EMLA) ONE HOUR before your operation time. See picture overleaf.
4. Arrive at the clinic at the arranged time and your appointment will follow shortly afterwards
5. Ensure that you have a tight fitting pair of pants on, (or with you) and that your transport home is arranged.
6. We also recommend that you wear shoes that are easy to put on afterwards.

Applying the local anaesthetic cream



Area to apply cream to underside of penis one hour before operation appointment time.

1. Squeeze the EMLA local anaesthetic cream onto the base of your penis/front of your scrotum area, not too low down. Do not rub the cream in.
2. Peel the beige coloured 'centre cut out' from the dressing.
3. Peel the green and white paper backing from the dressing.
4. Apply the sticky side over the EMLA cream with the paper frame still attached.
5. Remove the paper frame and smooth down the edges of the dressing. Apply at least one hour before your operation.
6. Do not worry if the cream leaks, we will numb the area fully at the start of the procedure.

After your operation

1. Please go straight home and rest with your feet elevated for 48 hours. A short walk to the toilet/to get a drink is encouraged every 1-2 hours
2. Please drink plenty of fluids to maintain hydration
3. Refrain from any strenuous activities/heavy work/lifting/pushing/pulling/prolonged standing for seven days after your operation.
4. Avoid all sports/gym/bikes/swimming/harness work for two weeks after your operation.
5. Keep wearing your tight fitting supportive pants day and night for at least a week.
6. Remove the dressing/gauze after approx. 24 hours. (if dressing is stuck then leave in place until you shower).
7. Keep the area dry for 48 hours after which you may shower. We advise that you do not have a bath for at least 5 days.
8. Potential side effects:
Bleeding: Pinch the wound for a few minutes
Swelling/bruising: apply ice pack/frozen peas in a clean cloth for 15 – 20 mins
Infection: If signs of infection are present please seek medical advice e.g. localised redness, swelling, fever.
9. You may have intercourse as soon as it is comfortable but do so but remember to continue to use appropriate contraception.
10. If you need medical advice then please contact your GP or 111 or hospital emergency department.

Post operative semen samples

- After your operation we will discuss the sample procedure with you and give you a specimen kit with written instructions to take home with you.
- Following your vasectomy you will be required to produce a semen sample after 14 weeks.
- During the time between your operation and the specimen date we recommend that you ejaculate a minimum of 25 times, either by sexual intercourse or masturbation, in order to clear the sperm from your tubes.
- Your sample is sent to the lab via the postal service and we supply you with a pre-paid envelope
- As per the instruction leaflet, please notify us when you have sent your sample so that we can follow up with the lab if there are any delays.
- PLEASE NOTIFY US OF ANY CHANGE OF ADDRESS
- We will notify you of your result in writing approximately 3 weeks after you have supplied your specimen. We will also write to your GP so that your records can be updated.
- It can take differing lengths of time for each patient to clear their tubes of sperm and some patients will need to supply more than one or two samples for testing.
- Please note if you do not submit a specimen we will send you a reminder approximately 2 months after the specimen is due. If you do not respond we will then close your file and you will need to seek alternative testing arrangements via your GP.

Please remember that you must continue to use an effective method of contraception until the clinic informs you by letter that your semen sample is sperm free.



Vasectomy service contact details

All correspondence should be via our main office:

Sexual Health Services
Wheatbridge Health Village,
Wheatbridge Road,
Chesterfield,
S40 2AB

Main Vasectomy Office

Tel: **01246 293702**

(Confidential answer machine when staff unavailable)

E-mail: **DCHST.vasectomy-services@nhs.net**

Outlying Clinics at:

- Heanor Memorial Health Centre,
Ilkeston Road, Heanor DE75 7EA
(Telephone only available on
your clinic day: **01773 599410.**
**At other times please call
main office number**)
- Buxton Hospital
London Road, SK17 9NJ

