



Vasectomy

Family Planning Conference

Patient Name:

Medical Record #:

Family Planning Conference

Date:

Time:

Location:

Building:

The Vasectomy Family Planning Conference is designed to help you learn about the procedure and to decide whether vasectomy is the right choice for you at this time.

After attending the conference, you will complete a return appointment form. A surgery appointment will be made for you based on the information on the form.

The Urologists who perform these operations have your best interests in mind. They will decline to do a vasectomy on any person for whom they think it would be inappropriate or unduly risky.

Deciding not to have a vasectomy or canceling a vasectomy appointment will not jeopardize any of your Health Plan benefits.

It is necessary to attend the conference before vasectomy surgery. Please bring this handout with you to the conference.

You will want to be able to give the conference your full attention, so please make arrangements for childcare while you are attending.

Note: If you are unable to keep this appointment, call (408) 851-4515.

What is a Vasectomy

A vasectomy is an operation to make a man sterile, or not able to make a woman pregnant. During a vasectomy, a doctor cuts or blocks the tubes, called the vas deferens, that carry sperm from the testicles to the penis. This keeps sperm from reaching a woman's egg to make a baby when ejaculation occurs during sex. A vasectomy is a simple procedure that can be done at your doctor's office or clinic.

A vasectomy will not change your ability to have sex or your sex drive. You will still be able to enjoy sex in the same way as before. You will still produce normal amounts of semen when you climax. The only difference is that the semen will not contain sperm.

Vasectomy is a permanent method of birth control. You should only consider a vasectomy if you have completed your family planning or are sure that you do not want children.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

What to expect after a vasectomy

Plan to go directly home after your vasectomy so you can rest and recover for the next 3-4 days.

There will be discomfort in the testicles and scrotum, some of which can be reduced with scrotal ice pack or by wearing an athletic supporter. There may be minor bleeding (oozing) from the cuts. There will be bruises on the scrotum. Any stitches in the skin will dissolve and fall out in 1-3 weeks. It is important to avoid strenuous activity and lifting anything heavier than 10 lbs for 2-3 weeks after your vasectomy.

Some complications can occur. About 1-2% of men may have wound infection in the skin. 1-2% may get an infection in the testicles or tubes. About 1% of the operations will fail because the ends of the vas will grow back together. This can occur right away, or within 6 months. Less than 1% of men will need another operation because of serious bleeding or infection. It is very rare to lose a testicle because of this operation.

Some pain relief medications may cause increased bleeding. **For this reason, do not take Aspirin, Alka Seltzer, Aspirin-containing products or anti-inflammatory medicines such as Motrin, Advil, Nuprin, Feldene or Meclomen for 10 days before or 10 days following vasectomy.** (Tylenol or other Acetaminophen products are ok to use for pain relief)

Over the long term, some men notice that their testicles are more sensitive. Tender lumps (sperm granuloma) may appear at the site of the vasectomy even months or years later. In rare instances, this tenderness persists indefinitely. Sexual functions (i.e. erections, sexual pleasure, etc.) will not be affected in any physical way by a vasectomy. Men who have doubts about vasectomy or feel that the operation will threaten their masculinity should not have it done.

There are operations which attempt to reverse the vasectomy. Advances in microscopic surgery have improved the results of these surgeries to a pregnancy rate of over 50%. Sperm banking prior to vasectomy is also feasible, but the process involves considerable loss of sperm and is not guaranteed to insure future fertility. If you have thoughts of reversal or sperm banking prior to vasectomy, it is better to defer the operation rather than be seriously disappointed later.

Having a vasectomy does not guarantee sterility. You must be responsible for assuring that your semen has no sperm before relying on vasectomy for contraception. You should have you semen checked no sooner than 8 weeks after your surgery or after 15-20 ejaculations.