



## Vasectomy

### Pre-op:

During the first consultation with the Urologist, you will be given a prescription for an antibiotic and a medicine (called Ativan) to help you to relax on the day of the procedure. You will then be given the appointment to return for the vasectomy. The antibiotic should be started one day before the scheduled procedure. The first of the two Ativan pills should be taken about one hour before the procedure (e.g. before leaving the house). Bring the second pill with you to the office to take if you are still feeling anxious. Make sure someone is available to drive you to and from the office on the day of the procedure. On the day of the vasectomy, you will be brought to the procedure room and asked to disrobe from the waist down. The area will then be washed with an antiseptic solution. Local anesthesia will be injected to numb the area but you will be aware of touch, tension and movement during the procedure. However, the local anesthetic should eliminate any sharp pain. You are awake during the procedure so, if necessary, you can let us know if you are experiencing pain so more local anesthesia can be given. With our no-scalpel vasectomy, we feel for the vas under the skin of the scrotum and hold it in place with a small clamp. A special instrument is then used to make a tiny puncture in the skin and stretch the opening so the vas deferens can gently be lifted out, cut, then tied or cauterized and put back in place. The scrotal incisions may be closed with dissolvable stitches or allowed to close on its own. The entire procedure is then repeated on the other side either through the same initial incision or through a second scrotal incision.

### Post op:

It is generally wise to return home immediately after the procedure and avoid strenuous or sexual activity. Swelling and discomfort can be minimized by placing an ice pack on the scrotum and by wearing a supportive undergarment, such as a jockstrap. You can expect to recover completely in less than a week and many patients are able to return to their job as early as a day after the procedure. Sexual activity can usually be resumed within a week following a vasectomy. However, it is important to recognize that a vasectomy, even though successful, is not effective immediately. The effectiveness of the vasectomy must be proven by submitting at least two semen analyses, which demonstrate that there are no sperm in the ejaculate. The time until disappearance of sperm from the ejaculate varies from patient to patient. We recommend checking the semen for sperm at three months or 20 ejaculations, whichever comes first. If sperm continue to be present in the ejaculate, you must continue to use contraception. After waiting for three months or 20 ejaculations, one in five men will still have some sperm in their ejaculate, and will need to wait longer for the sperm to clear. You should not assume that your vasectomy is effective until your semen analysis demonstrates the absence of sperm.