



## **INFORMATION SHEET**

### **Vasectomy – General Anaesthetic**

This is a safe and simple male sterilization procedure that is highly effective (over 99 percent). It is a minimally invasive and simple procedure, performed under general anaesthetic at one of the large general hospitals. It should be considered a permanent procedure.

A vasectomy surgically blocks the vas deferens, preventing sperm from becoming part of the seminal fluid that leaves the body during sexual climax or ejaculation. With this sperm channel blocked, the man becomes sterile and can no longer father a child.

**Overall, vasectomy provides extremely effective contraception, with a safe and quick procedure. The vast majority of men have no complications and find no change in erections, ejaculation, orgasm or sexual pleasure.**

#### **Before the Procedure**

It is important you understand your doctor's explanation of this procedure, the financial consent and the information provided on this sheet.

Fasting is required.

Wear a pair of supportive underpants.

Your doctor will have discussed the need for time off work.

Do not take aspirin or anti-inflammatory medication for 7 days prior to your vasectomy. This will reduce the amount of bleeding and bruising post-operatively.

Due to the general anaesthetic, it is necessary for someone to drive you home and be with you for the next 24 hours.

#### **After the Procedure**

**In the event of an emergency, please contact the practice on 08 82231472 between 9am and 5pm or telephone your doctor after hours (number in the telephone book).**

Go directly home and rest; elevate your feet. Plan to stay off your feet as much as you can for two days.

Any discomfort is usually mild, but paracetamol, or paracetamol with codeine can be taken (2 tablets, 4 hourly if required). Do not take Aspirin or products containing Aspirin.

Apply an ice pack (or frozen peas) wrapped in a wet towel to the scrotum for 20 minutes on and 40 minutes off for the remainder of the day.

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After 48 hours local soreness is helped by resting and applying a hot pack to the area, 20 minutes on and 20 minutes off.

Wear supportive underpants.

Keep your wound clean and dry until the next day when you may shower, drying the wound thoroughly and carefully.

Your sutures should dissolve in 7-10 days but if you have concerns please telephone the practice and speak to one of our nursing staff.

A sick certificate will be issued if required.

Sexual activity may be resumed when you are comfortable. Contraception is to be continued until your sperm tests are clear.

### **SEMEN TESTS**

You will be given pathology forms and containers for your semen test. Three months and a minimum of 20 ejaculations after your surgery, please take the specimen and request form to the pathology laboratory within 2 hours of production.

It is your responsibility to ring the practice for your result one week after submitting the specimen. You will receive further instructions should another specimen be required.

A letter confirming a clear test will be posted to you. If you do not receive this letter please telephone the practice.

**You are not clear to discontinue the use of other forms of contraception until you have been formally advised that you have achieved a zero semen analysis at least three months following surgery.**

Twenty percent of patients may need to complete more than one test.