

**Please arrive and check-in 30 minutes prior to scheduled appointment time.**

**Need to Cancel?** Please note that a fee of \$100.00 will be charged to you if you do not cancel your appointment at least 24 hours prior to your above appointment time.

## **Pre-Op Instructions for your Vasectomy**

- Regarding your upcoming vasectomy. Please review ALL of the information thoroughly prior to your appointment.
- Do Not take any blood thinning products 10 days prior to your appointment. **This will include: Coumadin, Plavix, Pradaxa, Effient, Eliquis, Xarelto, Aspirin, Advil, Ibuprofen, Aleve, Motrin, or any other product containing Aspirin.**
- If additional medications are added to your normal/daily regimen please contact our office with this information.
- Please make sure you are accompanied by a driver. You may receive Valium for the procedure and will be unable to drive yourself home.
- You will need to bring **tight fitting briefs** (No Boxer briefs) or athletic supporter for after the procedure.
- Thank you for your interest in elective sterilization. Please contact our office should you have any questions or wish to change or cancel your appointment.
- Please eat before your procedure.

## POST-OPERATIVE INSTRUCTIONS FOLLOWING YOUR VASECTOMY

- Remain in bed with your scrotum elevated on a pillow and place an ice pack on your scrotum over your scrotal support until you go to sleep. The following morning you may shower. There may be a single stitch that will melt away within 7-14 days following your surgery. A small amount of oozing or blood spotting is acceptable; merely wash this away with soap and water. You may notice a pea size nodule inside the scrotum near the vas deferens on one or both sides. This is called a sperm granuloma and is considered normal.
- Do not do any vigorous work or any sports for two weeks following your procedure. It is advisable to wear tight fitting underwear or a jock strap for two weeks following your procedure.
- Rarely do patients require more than Tylenol for pain. Should you need more medication, call the physician at **303-733-8848**. **DO NOT TAKE ASPIRIN IT CAUSES BLEEDING. ONLY TAKE TYLENOL.**
- You may resume intercourse two weeks following the procedure. However, **REMEMBER YOU ARE NOT CONSIDERED INFERTILE UNTIL WE HAVE SEEN YOUR POST-VASECTOMY SEMEN ANALYSIS RESULTS FROM THE LAB AND A PROVIDER GIVES THE OK TO DISCONTINUE BIRTH CONTROL. THEREFORE, YOU MUST USE WHATEVER BIRTH CONTROL PRECAUTIONS YOU ARE CURRENTLY USING UNTIL YOU ARE CLEARED.**
- At 12 weeks (3 months) after your vasectomy, bring a specimen into a Labcorp lab/patient service center (Locations and hours can be found at [www.LabCorp.com](http://www.LabCorp.com) or call 888-522-2677) on the same day you have produced the sample by masturbation. Specimens will only be accepted in a sterile container provided from your doctor. We will notify you of the test results after you have submitted your specimen. Should you not receive your results on the patient portal or by phone within 48 hours please contact our office.
- Please put your First name, Last name, Date of Birth, and the Date of collection on your specimen container and place in the LabCorp bag provided. You will also include the printed order for the semen analysis. Samples will be rejected by the lab without proper labeling and a lab requisition.
- If you have been given Valium for your procedure, you **MAY NOT DRIVE OR OPERATE HEAVY OR DANGEROUS EQUIPMENT FOR 24 HOURS.**

Feel free to contact us regarding any questions you may have. We are always available to you.

## **Post-Vasectomy Sperm Evaluation Instructions**

Following your vasectomy, you are not infertile until you have a lab test showing you are considered sterile and you can discontinue birth control. 12 weeks (3 months) following your vasectomy you will obtain a semen sample through masturbation and take the sample directly to a Labcorp facility for testing. **Until you receive clearance from your provider you must use whatever birth control precautions you are currently using until you are cleared.** We recommend at least 20 ejaculations between the time of your vasectomy and your lab test. Testing can be done after the 12-week mark but not sooner.

### **Items needed (provided at the time of your appointment):**

- € Sterile cup (specimen container)
- € Lab requisition order for LabCorp
  - € LabCorp specimen bag

### **Directions for Collection:**

- Locate a LabCorp facility to drop the sample off within two (2) hours of obtaining the sample.
  - Avoid ejaculations for two (2) to seven (7) days prior to collection.
- Be sure specimen cup contains your first and last name, date of birth and collection date.
  - Collect seminal fluid by masturbation only.
  - Collect the entire ejaculate into the specimen container.
- Tightly close the cap and place specimen container into the LabCorp specimen bag.
  - Place LabCorp lab requisition in the front pocket of the specimen bag.
  - Do NOT refrigerate or freeze the sample.
- Drop off or schedule an appointment at a LabCorp client service center. Locations can be found at [www.LabCorp.com](http://www.LabCorp.com) or call 888-LabCorp (888-522-2677) for an automated lab locator.

\*It is important to follow these directions carefully to prevent your sample from being rejected by the lab: Common reason samples are rejected are the following: Refrigerated or frozen specimens, sample collection time is outside of the two-hour window, incorrect labeling of the specimen container, not have a lab requisition, sample leaking out of cup during transport.

### **Results:**

- Results will automatically be sent to your provider for review.
- A nurse will contact you with your results. The fastest way to obtain results is through the patient portal. If you have not heard from your care team within 72 hours of submitting your test to LabCorp contact your care team.

### **Patient Portal Information:**



#### **Don't have an account?**

Call 303-733-8848 Ext. 2012 and provide your email address to receive an invitation to register an account

#### **Having trouble with the website?**

**NEW Support Hotline:** 1-888-670-9775 or **Email:** [support@followmyhealth.com](mailto:support@followmyhealth.com)

#### **What will be shared to your account**

Office Notes, Lab Results, Updates to your Medical History

Please note that some results may not populate your account if they were provided to us in paper-form.