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. **Failure to follow directions may result in your procedure being postponed.**

- **DO NOT** take any NSAIDs medications, this included: Aspirin, Motrin, Ibuprofen, Aleve, Motrin, Advil, Naprosyn, Meloxicam or any products that contains Aspirin or Ibuprofen for ten (10) days prior to your appointment. Tylenol (Acetaminophen) is allowed.

- **For patients taking COUMADIN, PRADAXA, EFFIENT, ELLIQUIS or XARELTO:**

    - You must discuss with your PCP or cardiologist prior to scheduling your vasectomy procedure on an action plan to come off of these medications. Most of these medications must be stopped five (5) days prior to the procedure under a doctor's supervision.

- If additional medications are added to your normal daily regimen, please contact our office with this information.

- To reduce the risk of infection, thoroughly bathe the scrotum and groin the day before and the morning of the procedure. Shave the scrotum within a week before your procedure. It is most ideal to shave three-five days prior to your procedure to allow for any nicks or abrasions to heal. Shaving prior is not mandatory but will shorten the time it takes to complete the procedure.

- Please make sure you are accompanied by a driver to get you home if you choose to receive Valium for the procedure. If you receive Valium, you are unable to drive for the rest of the day.

- You will need to bring clean tight fitting briefs (no boxer briefs) or athletic supporter for after the procedure.

- Please eat prior to your appointment. No fasting is required for this procedure.

- Thank you for your interest in elective sterilization. Please contact the office should you have any questions or wish to change or cancel your appointment.

Vasectomy

Urology Associates

Safe, Effective Birth Control

Vasectomy is one of the safest and most effective methods of permanent birth control. It is much safer and less expensive than tubal ligation. For these reasons every year more than 500,000 men in North America choose vasectomy.

Your Consultation

We will discuss the procedure in person to determine if it is right for you. We will go over your health history as it relates to vasectomy, and you will receive a brief physical examination. You and your wife or partner will be required to sign a consent form. It will state that you understand vasectomy and its potential risks and that it is not guaranteed to result in permanent sterility.

Prior to signing this form, be sure that you are informed and comfortable with your decision. It is important that you fully discuss and resolve with me any lingering questions or concerns you may have.

Did you know?
Vasectomy is
99.8% effective

Before Surgery

- If you have not already done so, sign the elective surgery informed consent form.
- Do not consume any aspirin or NSAID's for ten days prior to surgery without prior medication approval. Taking aspirin or NSAID's increases the risk of bleeding.
- To reduce the risk of infection, thoroughly bathe the scrotum and groin the day before and the morning of surgery.
- Bring along a clean athletic supporter or supportive underwear.

Are there potential complications?

- Yes. All contraceptive methods carry some risk as well as benefits. Vasectomy is a very low risk procedure, but complications are possible.
- Though rare, bleeding (hematoma) and infections are the most common complications of vasectomy.
- Another potential risk is failure. Vasectomy is not guaranteed to be 100% effective. Even when the operation is performed perfectly, it is possible in rare cases for sperm to find its way across the void between the two blocked ends of the vas deferens. This situation, called recanalization, is highly unusual but does occur. This is why a sample will be done at 12 weeks post-vasectomy to verify that your semen contains no sperm. Recanalization usually occurs in the first 2-3 months after vasectomy but has been known in extremely rare cases to occur years later.
- Sperm granuloma, a hard, sometimes painful lump about the size of a pea may form as a result of sperm leaking from the cut vas deferens. The lump is not dangerous and is almost always resolved by the body in time. Scrotal support and mild pain relievers are usually all that are needed for symptoms.
- Congestion, a sense of pressure caused by sperm in the testes, epididymis and lower vas deferens, may cause discomfort some two to twelve weeks after vasectomy. Like granuloma, congestion usually resolves itself in time.

ANSWERS TO COMMON QUESTIONS

How will vasectomy affect me?

Vasectomy is NOT castration. Vasectomy only interrupts the tubes that carry sperm from the testes to where they are added to your semen. Your penis and testes are not altered. All hormonal and sexual functions are completely unaffected, so your voice, body hair, and interest in sex remain the same. Your body still produces semen and erections and ejaculations occur normally. The only difference is that your semen will no longer carry sperm. As before, the body naturally absorbs unused sperm.

Can I discontinue other birth control methods right away?

No! Sperm can remain in the vas deferens above the operative site for weeks or even months after vasectomy. You will not be considered sterile until one post-surgical semen test has shown no sperm remain. Until then, you must continue to use other birth control to prevent pregnancy.

Is vasectomy painful?

No. You may feel mild discomfort when the local anesthesia is given. After it takes effect, you should feel no pain, though some men feel a slight tugging sensation as the vas deferens are manipulated. After surgery you may be a little sore for a few days. Generally two to three days rest is recovery enough before men return to work and most normal, non-strenuous activities. You should not exercise, lift ten pounds or more (push, pull, lift or drag). Sex can be resumed 14 days after the procedure.

Does Vasectomy pose long-term health risks?

Many studies have looked at the long-term health effects of vasectomy. The evidence suggests that no significant risks exist. Men who have a vasectomy are no more likely than other men to develop cancer, heart disease, or other health problems.

Can vasectomy be reversed?

In many cases it can be. However, it's expensive and does not guarantee returned fertility. Vasectomy should, therefore, be considered a permanently procedure. If you are thinking about reversal now, perhaps you should take more time to decide whether vasectomy is right for you.

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 dissipate on its own within 7-14 days following your surgery. If the stitch is still in place after 14 days, you will need to contact the office for an appointment to have it removed. 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 AS 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 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. You may receive a separate bill for the lab services with LabCorp. 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 72 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.

Lone Tree
10450 Park Meadows Drive,
Suite 202
Lone Tree, CO 80124

Englewood
799 E. Hampden Ave.,
Suite 430
Englewood, CO 80113

Littleton
7720 S. Broadway,
Suite 330
Littleton, CO 80122

phone: **303.733.8848** | fax: **303.733.0106** | **uradenver.com**