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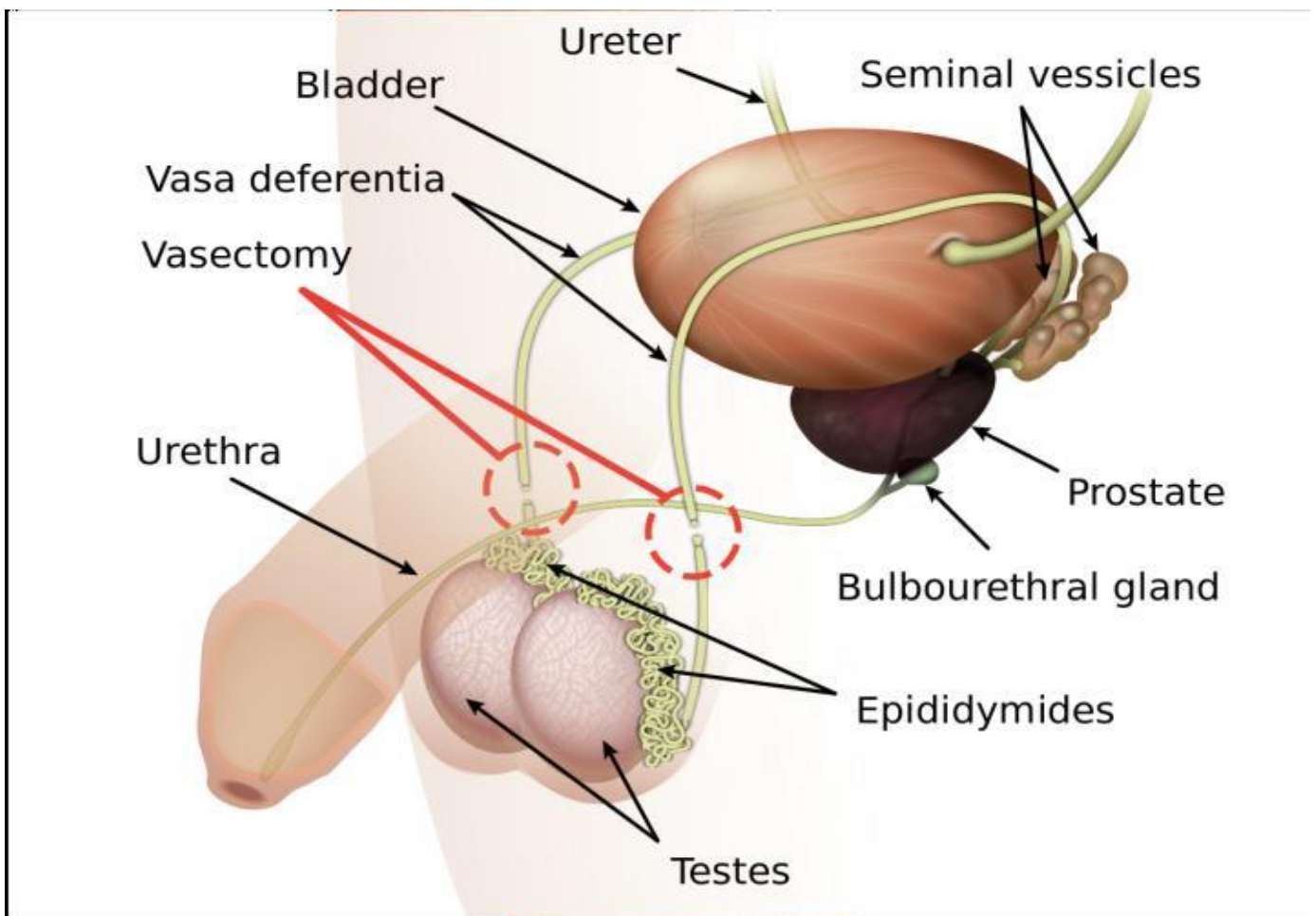
Patient Information

Vasectomy

Department of Urology

What is a vasectomy?

A vasectomy is an operation where the vas deferens (the tubes that carry the sperm from the testes to the urethra - water pipe) are cut. This operation should be considered irreversible.



What are the alternatives?

- **Other forms of contraception-** both male and female
You should regard vasectomy as an “irreversible procedure”. If you have any doubt about whether it is the right option for you, you should not go ahead.

What are the benefits?

It is a safe and acceptable form of contraception

What are the risks?

Common

Irreversible procedure

Small amount of scrotal bruising

Pregnancy if unprotected intercourse takes place before 2 semen samples confirm the absence of live sperm

Occasional

Bleeding requiring further surgery

Bruising

Rare

Inflammation or infection of testes or epididymis requiring antibiotics

Failure of the procedure. This is usually caused by spontaneous re-joining of the vas deferens ends, resulting in fertility and pregnancy (1 in 2000)

Chronic testicular pain (5%) or sperm granuloma (tender nodules in the scrotum)

What does the operation involve?

- The operation is usually done as a day case under local (numbing of the area only) or general (put to sleep) anaesthetic.
- You will be asked to come in on the day of your operation and will be able to go home the same evening.
- The operation takes about 20 minutes.
- **General Anaesthetic** - You will be asked not to eat or drink any non-clear fluids, such as soup, milk etc., for 6 hours before your operation. You can have clear fluids (water/squash) up to 2 hours before your operation. After this you will be asked not to drink anything further. **If you are an insulin dependent diabetic, you will need special instruction, please discuss this with your nurse.**
- **Local Anaesthetic** – Eat and drink normally

When you arrive you will be seen by a nurse who will ask you to put a theatre gown on. You will then see the doctor who is doing the operation. They will again explain what it involves. You will then be asked to sign a consent form.

General Anaesthetic – The anaesthetist will also see you if you are having a general anaesthetic. You will need to arrange for someone to collect you and take you home if you have had a general anaesthetic.

Local Anaesthetic - The operation is usually done under a local anaesthetic. Injection of the local anaesthetic will cause some stinging but then you should only feel some prodding, but no pain. After the operation you will be taken to the recovery room. As soon as the nurses feel you are ready you will be able to go home.

Will it hurt afterwards?

You may feel that your testicles ache but this should settle with simple painkillers such as paracetamol as long as you have never been advised by your doctor not to take these.

What are the complications?

You may get some bleeding and the wound can get infected. These are rare but if they do happen you should see your GP. There is a low failure rate that you should be aware of.

Can I have unprotected sex straight away?

No. You need to carry on with protection until you have had 2 clear semen samples. The first should be taken 2 months after the operation and the second 3 months after the operation. If these are both clear you can have unprotected sex.

Can the vasectomy be reversed?

Yes, however this operation is **not done on the NHS**. Also, there is a high failure rate. You should therefore be certain that a vasectomy is what you really want.

Discharge Information

- You can eat and drink normally.
- You should avoid any activities/exercise where you are likely to knock the area.
- Wear supportive underpants for the first 2-3 weeks, this will help to reduce any swelling afterwards.
- Keep the area clean. You can shower/bath after 2-3 days but pat dry, do not rub, until the wound has healed completely. If you have a dressing, it can be soaked off at this time, there is no need to apply another unless you feel more comfortable with one.

- Sex – see above. You can have sexual intercourse when you feel comfortable to do so but will need to use contraception as discussed above.
- You may notice some bleeding/discomfort initially. If discomfort/bleeding persists, you should see your GP or call the hospital.
- If you have had a general anaesthetic, you should not drive for at least 24 hours. You should check with your insurance company to see when they are happy for you to drive after your operation. You can then drive when you feel comfortable to do so and can do an emergency stop.
- You can return to work when you feel comfortable to do so. If your work involves heavy lifting/manual work you may need more time off. Discuss this with your nurse/doctor before you are discharged.
- If you develop a temperature or feel unwell, your wound becomes red, tender/hot to touch or is discharging fluid/pus, contact the ward or your GP for advice immediately.

If you have any questions or concerns, please find below contact numbers for the Urology wards and Urology nurses:-

Urology Ward D2 East

Tel. No:- 01633 - 234043 / 234044

24 hours

Urology Outpatients Department

Tel. No:- 01633 - 234979

Monday – Friday office hours

Urology Day Ward

Tel. No:- 01633 – 656378 / 656377

Monday – Friday office hours

Uro-Oncology Clinical Nurse Specialists

Julie Simpson

Sian Lewis

Louise Broadway

Kathleen Connor-Middleton

Tel. No: 01633 – 238976 (will return voicemails when not on clinical duties)

Monday – Friday office hours

Urology Nurse Practitioner

Laura Reynolds

Leanne Denning

Tel. No:- 01633 – 234758

Monday – Friday office hours

Surgery/Pre-admission queries

Tel. No:- 01633 – 238568

Monday – Friday office hours

Reference:

British Association of Urological Surgeons (2017) Information about your Procedure – Vasectomy

**“This document is available in Welsh /
Mae’r ddogfen hon ar gael yn Gymraeg”.**