

Patient information

Vasectomy

What is it?

It is the cutting and tying or clipping of the vas deferens which carry sperm from the testicles. This should be regarded as an irreversible procedure.

Following your surgery

Post-operative discharge advice

Your skin sutures do not need to be removed and will usually drop out after two to three weeks.

It is not unusual for the wound to be slightly weepy for the first couple of days. Blood is sometimes present in the semen for the first few ejaculations.

Unless otherwise instructed the gauze dressing can be removed after 24 hours.

A small amount of swelling and bruising is normal; to help relieve this you will need to wear your scrotal support for at least a week. A folded handkerchief placed inside the support will help with comfort; spare supports can be purchased from your local pharmacy.

You may experience some moderate pain, but taking painkillers can relieve this. If on discharge you are given 3 - 5 days' supply these can be taken as prescribed, otherwise paracetamol or similar medication is appropriate (see separate pain information leaflet).

It is important to keep the wounds clean and dry, after 24 hours daily baths or showers are recommended.

You are advised to avoid contact sports and sexual activity for one week.

After this recovery period, regular sexual activity is advised to release the 'stored' sperm. It is important that sexual activity continues so that stocks of semen already present can empty.

During this time you must continue to use an alternative form of contraception.

How you will know when the vasectomy is effective?

Before you can rely on this operation for family planning it is necessary for you to provide a specimen of semen, which has no sperm present when tested. This test is done 4 months after the operation. You will need to telephone 01223 349017 to arrange the appointment. Follow the instructions on the Semen Analysis proforma.

Please note you must take the proforma to the appointment with you.

Once you have received confirmation of a satisfactory test result, **and only then**, can you discontinue the use of other contraception. It may be necessary to **repeat** the test if the laboratory cannot confirm the absence of sperm on the first sample.

The results will be sent to your doctor within 72 working hours of completion of the tests.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>

