



## Vasectomy Information Sheet

Vasectomy is a permanent birth control method for those who plan to never have a child in future. Vasectomy is safe and effective procedure which is done by cutting and sealing the tubes that carry sperm to the semen and is usually performed in the clinic. Vasectomy should be considered a **permanent** form of male birth control. Although vasectomy reversals are possible, they are considered major surgery, with a low success rate and would not be covered by Alberta Health.

### Before the procedure

- **Trim** the hair on the front part of your scrotum before the procedure, so the hair does not get accidentally pulled during the procedure.
- **Avoid taking Aspirin, Advil, Aleve** or similar medications 1-2 weeks before the procedure. Inform us if taking any other blood thinner medications.
- Buy a tube of **Vaseline Ointment** and bring with you for the procedure.
- Take Tylenol 500mg 1 hour before arrival to the clinic
- We can provide you with a prescription for Ativan to take before the procedure if you might feel nervous.

### The procedure

- The procedure starts with injecting some anesthetic under the skin, then the “Vas” (the tubes which carry sperm) on each side are cut and sealed with a suture tie.
- The procedure takes about 20 minutes, and the wound site is smaller than 1 cm.

### After the procedure

- Use an **ice pack** intermittently (20 minutes on & 20 minutes off) for the first 24 hours to reduce swelling and risk of bleeding.
- Rest and **limit your physical activities** for 2-3 days.
- Avoid long standing and doing strenuous activities for 5-7 days after the procedure.
- **Take Tylenol** 500-1000 mg every 4-6 hours (maximum 4000 mg per day) for pain management. Avoid taking Aspirin or Advil for at least 2 days after the surgery.
- It is advised to wear **tighter fitting underwear** to hold the testicles tight to reduce the pain, swelling, and discomfort.
- You can shower after 24 hours but **avoid bathing or swimming** for one week.
- Apply Vaseline ointment after showering, and daily if the incision site is dry or itchy.

### Sexual Activities & Contraception

- Sexual intercourse can be resumed after **1 week**.
- You need a **backup contraception** until the sperm count becomes zero, which takes up to 20 ejaculations or 3 months.
- You will need to do a **sperm analysis** after 3 months and follow up to make sure that the sperm count is zero and pregnancy is not possible.

### Risks

- Allergic reaction to anesthetics (this is extremely rare).

- There is a very small risk of bleeding and/or infection in every surgical procedure. If you develop hematoma (blood clot) in the scrotum, fever or have yellow discharge from the wound, please call the clinic.
- “Sperm granuloma” happens in about 15-40% of people following a vasectomy. It is a small lump in the scrotum, due to the body’s reaction. It is not dangerous and can be managed with an anti-inflammatory medication, such as ibuprofen. It rarely causes discomfort or requires surgery.
- Post-vasectomy pain syndrome is a chronic dull ache in the testes that happen less than 1 percent of the cases and usually respond well to an anti-inflammatory medication or warm bath.

If you’d like to learn more, you can check [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) or [www.mayoclinic.org](http://www.mayoclinic.org)

**Consent to Procedure**

I have been adequately informed of all the risks and benefits of having a vasectomy, and agree to have the procedure which will be performed by Dr. Mitra Arjang. I understand the procedure is to be performed at Hart Family Medical and IUD Clinic. This has been recommended to me by my physician and is intended to result in permanent sterility which means that I may not be capable of fathering a child.

Although most procedures have good results, I understand that no guarantee has been made to me about the results of this procedure or the occurrence of any risks, complications, and side effects.

Patient name: \_\_\_\_\_

Date: \_\_\_\_\_

Patient signature: \_\_\_\_\_

Physician's name: \_\_\_\_\_

Physician's signature: \_\_\_\_\_