

Patient Instructions

## No-Scalpel Vasectomy

*The basic information presented here was developed by clinicians. It may differ to some extent from your particular situation. This information is intended to be used only in conjunction with professional guidance from healthcare providers.*

### Description of Procedure:

During a *No-Scalpel Vasectomy*, the surgeon will use a tiny needle to inject a numbing medication into the skin of the scrotum. The surgeon will then make a small opening in the scrotum to locate the vas deferens, which is a tube-like structure on each side that carries sperm from the testicle and epididymis to the prostate and urethra. There is a **vas deferens** on both sides (1 for each testicle). The surgeon will then divide the vas deferens and remove a small segment. The cut ends of the vas deferens will then be cauterized (burned) to seal the opening. The cut end will then also be tied or clipped with a tiny metal clip. This will then be repeated for the vas deferens on the other side. The skin opening in the scrotum is very small and usually required no stitches.

Your **No-Scalpel Vasectomy** is scheduled for: \_\_\_\_\_

at: \_\_\_\_\_ AM / PM      Location: \_\_\_\_\_

The procedure itself takes only 20-30 minutes, however allow for additional time before and after the procedure.

- ⊙ **Do not eat before your procedure, however you may have clear liquids until after the procedure.**
- ⊙ **You should take your regular medications as usual unless told not to. Do not take any aspirin containing products or Ibuprofen (Advil/Motrin), or Naprosyn or similar medications.**
- ⊙ Please tell the doctor or nurse about allergies and all the medications you are taking, especially if you use warfarin (Coumadin), ibuprofen (Advil, Motrin), or products that contain aspirin or are blood thinners.
- ⊙ You may drive yourself home *unless* you require any sedative medication that limits your ability to operate a motor vehicle. Please make transportation arrangements beforehand.

### Risks and Side Effects of No-Scalpel Vasectomy

The primary risks are: bleeding/bruising, infection, short-term or chronic pain, and failure to achieve sterility. The chances of these occurring are very low. You may have some mild pain from the procedure. Pain is easily managed by using a cold-pack and Advil® or Tylenol®, or your doctor may order other pain medications. You may have some swelling and bruising of the scrotum for several days after the procedure. Your doctor should discuss any other risk factors or side effects that you may experience. There is a remote chance that despite complete transection of both vasa deferentia, the cut ends can “reconnect” and sperm would then continue to be present in the ejaculate fluid (semen). This is extremely rare.

## **How to Prepare for your Vasectomy**

### *Before the procedure*

To prevent or reduce the possibility of infection or excessive bleeding during or after the procedure, it is **essential** to do the following:

1. Stop taking aspirin, ibuprofen, and/or any herbal preparations **ten to fourteen** days before your procedure. If you are taking any anticoagulants or blood thinners (i.e. coumadin, warfarin) it is very important that you notify your doctor. You may be told to stop taking these as well.
2. You will be given a prescription for an oral antibiotics to prevent infection. Start the antibiotic the morning of your procedure and continue as directed by your physician. **If you do not receive this prescription before your scheduled procedure please contact your doctor.**
3. Eat your regular diet for dinner the day before your procedure. After that you may drink only **clear liquids** (water, clear juices, coffee or tea without creamer) until after the procedure.
4. Fill any prescriptions given to you.
5. If necessary, purchase a snug undergarment such as an athletic (jock) support, or briefs-style underwear and bring this with you to your appointment.

### *The day of the procedure*

1. Take your antibiotic as directed to prevent infection.
2. Shower. Carefully shave your entire scrotum below the base of the penis.
3. Take your regular medications as usual, **except** for any anticoagulants, blood thinners or aspirin.
4. You may have a light breakfast the morning of the procedure.

## **After the Procedure:**

1. Resume your regular diet.
2. You may drive yourself home unless you received sedative medications that limit your ability to operate a motor vehicle. Please make arrangements for transportation beforehand.
3. Try to stay off your feet as much as possible until the next day. Uncomfortable swelling can be minimized by staying flat on your back for 2-3 hours once you get home.
4. You may resume your daily activities the next day; however avoid any strenuous activities for three days following your procedure i.e. running, bicycling, heavy lifting.
5. Continue your antibiotics as directed to prevent infection.
6. Ask your doctor when to resume taking your aspirin or blood thinners, if you were taking these before the procedure.
7. Remove the gauze dressing on the scrotum the day after your vasectomy. You can resume showering that day as well. There may be a small amount of oozing from the incisions. This will usually stop with gauze and gentle pressure. Some bruising of the scrotum is normal. If the scrotum swells up significantly (eg. size of a softball), there may be some bleeding inside the scrotum (**hematoma**) and you should call us immediately.
8. You may be given a prescription for pain medicine. Usually, Tylenol or Advil/Motrin will be adequate, so do not buy the prescribed medicine unless you feel you need the stronger pain medication.
9. Your doctor or nurse may give you additional instructions.

## **Sexual Activity**

You must use alternative forms of birth control (condom, diaphragm, birth control pills, etc) following vasectomy until a semen analysis is done showing a zero sperm count. This may take **as long as 3 to 4 months** following vasectomy.

## **Sperm Count after Vasectomy**

You must get a repeat sperm count 3 months after your vasectomy. At the time of your vasectomy, you will be given a specimen container to ejaculate into 3 months later. Drop the container off at the nearest Sharp Rees-Stealy Laboratory **within 1-hour** of collecting the specimen. Call our office at the numbers below a few days later to check the results.

## **After your No-Scalpel Vasectomy you may notice the following:**

1. Mild ache or discomfort in the scrotum. This will usually resolve with a cold-pack and pain medications.
2. Some bruising and swelling of the scrotum.
3. Rarely, patients may experience long-term pain or discomfort in the testicle or scrotal area. This usually resolves with rest and treatment with anti-inflammatory pain medications.

*These occurrences are normal and in most cases will resolve within a several days. If these symptoms persist, notify your doctor.*

## **Contact a Healthcare professional or Urgent Care right away if you experience any of the following:**

- Excessive bleeding or pain.
- Unusual drainage from the scrotal puncture sites.
- Significant swelling or redness of the scrotum.
- Temperature of more than 100<sup>0</sup> F.
- Chills, weakness, flushing, lethargy (feeling abnormally drowsy and sluggish).
- Have any other problems or questions about your care.