



## After your No-Scalpel Vasectomy

1. Do not drive until 2 hours post vasectomy (then only automatic and short distances)
2. Please rest during the first 48 hours after the procedure, doing as little as possible.
3. Please take it easy for at least 7 days avoiding heavy lifting and rushing about.
4. An icepack applied repeatedly for 20 minutes at a time during the first 24 hours may reduce bleeding, bruising and discomfort and may aide the further healing process.
5. Keep the plaster on the small wound for 48 hours and keep the area DRY. This will help to prevent infection entering. Do not remove the plaster unless it comes off by itself / after 5 days.
6. Please do not shower or bath for 48hrs and avoid bathing until the wound is clearly closing from behind (white or pink coloured tissue seen).
7. Please do not consume alcohol for 48hrs post procedure.
8. Please do not make love for at least 7 days to allow healing to take place.
9. Please note, that some men get a little blood in their ejaculations following a vasectomy, which should settle in time.
10. A little gaping of the wound and the discharge of some clear wound fluid is normal in some patients. If this happens, the wound will heal from behind. This may sometimes take several weeks. Please keep the wound covered with a dry dressing / plaster while it is healing.
11. Some pain and bruising is normal. Paracetamol should help but if you are worried in any way please go to [www.vasectomy.me.uk/aftercare.htm](http://www.vasectomy.me.uk/aftercare.htm). **If you still have questions, contact us Tel. 07973 663311. For paracetamol/ibuprofen regime, please see dos and donts chart.**
12. *There is evidence that using non steroidal anti inflammatory medication if already taking regular antidepressant medication increases the risk of side effects and therefore we recommend the use of alternative painkillers if these should prove necessary.*
13. Remember to use other contraception until you have had a completely negative sperm count and a letter stating you are sterile. You need at least 30 ejaculations before you provide the first (and hopefully only) sample after a minimum of 16 weeks.

### Instruction for collection of sperm specimens

- To understand our semen sampling procedure please refer to the easy step by step guide included in this pack "from vasectomy to sterility". **In order to submit your semen sample at Wexham Park Hospital you need to make an appointment by calling 0800 032 7105.**
- To obtain a fresh sperm sample, please ejaculate into the container provided **no less than 16 weeks** post procedure and after no less than 30 ejaculations. Please put the container into the bag attached to the request form and seal. Drop this immediately **within 1 hour** of producing it at the Path Lab in Wexham Park Hospital between 8am and 3pm on workdays. **Let staff know you have dropped the sample to avoid it laying around for too long as the lab technicians should microscope it swiftly.**
- **Address: Wexham Park Hospital, Wexham St, Wexham, Slough, SL2 4HL**
- We will write to you about your results (please note this process can take up to 4 weeks). Unfortunately, we cannot under any circumstances give the results out over the telephone and we appreciate your co-operation in this matter.

Dr Martin Kittel



## Thames Valley Vasectomy Services

No-Scalpel Vasectomy - The Safe Keyhole Method

<b>DO'S AND DONT'S QUICK REFERENCE GUIDE</b>	Day prior to surgery	Day of surgery	1 day after	2 days after	3 days after	4 days after	5 days after	6 days after	Over weeks 2 to 4	16 weeks or after
No alcohol	•	•	•							
No driving for 2 hours post vasectomy (then short distance / automatic only)		•								
Wear supporting underwear to procedure		•								
Wear supporting underwear all day and night and in the shower		•	•	•	•	•	•	•		
Wear supporting underwear for sports									•	
Eat a good breakfast		•								
Wear light clothes to appointment		•								
Ice pack 20 mins of each hour all day (except when you are sleeping)		•	•							
Ice pack 20 mins of each hour, evenings only				•	•					
No swimming		•	•	•	•	•	•	•		
No sex, no lifting, and no exercise		•	•	•	•	•	•	•		
Ensure silicone plaster remains in place (use alternative dressing if falls off)		•	•	•	•	•	•	•		
<b>Optional but recommended</b> Take 2 Ibuprofen tablets every 6 hours as required (max 8 tablets in 24 hours) *		•	•	•	•					
<b>Optional but recommended</b> Take 2 Paracetamol tablets every 4-6 hours if breakthrough pain occurs (max 8 tablets in 24 hours) *		•	•	•	•					
Provide semen samples every 6 weeks until clear										•

**\*UNLESS NOT TOLERATED OR NOT RECOMMENDED BY YOUR GP. ALWAYS FOLLOW INSTRUCTIONS GIVEN ON/IN THE PACKET, OR ON THE LABEL.**

Reviewed: ~Sept 2018



## From vasectomy to sterility (NHS)

### An easy step by step guide

#### Step 1 What has happened so far:

- You have had your vasectomy.
- You have waited for at least 16 weeks or longer.
- You have ejaculated at least 30 times or more.
- You have supplied a semen sample to us as directed.

#### Step 2 You will now get a letter from us. This letter will specify one of the following 3 results:

- You are sterile: Congratulations, **STOP reading here.**
- OR You have live sperm in your semen: Sorry, but you will need to contact us for a consultation to discuss a repeat procedure, **STOP reading here.**
- OR You still have dead sperm in your semen (**Go to step 3**)

#### Step 3: Dead sperm, what to do next:

- Wait at least 6 weeks following the last sample.
- Ejaculate another 30 times
- You will be given instructions in your results letter regarding obtaining a further sample kit. Follow these and choose the most convenient method to you.
- Drop it off as directed.