

After your No-Scalpel Vasectomy

1. Please do not drive until at least 2 hours after your vasectomy and if so, only a short distance and an automatic car.
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 can reduce bleeding, bruising and discomfort in 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. Please contact us immediately if your wound shows any signs of infection: redness, swelling, cloudy discharge from the wound, a temperature.
12. Some pain and bruising is normal. Paracetamol or Ibuprofen should help but if you are worried in any way please go to www.vasectomy.me.uk/aftercare.htm. **If you still have questions, contact us on Tel: 07973 663311. For Paracetamol/Ibuprofen regime, please see dos and don'ts chart.** *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 step by step guide included in this pack "from vasectomy to sterility".

To obtain a fresh sperm sample, please ejaculate into the smaller clear container provided no less than 16 weeks post procedure and after no less than 30 ejaculations. Place this container in the larger opaque container. **ENSURE THAT THE DATE AND TIME OF THE SAMPLE ARE CLEARLY MARKED ON BOTH THE SAMPLE BOTTLE AND THE FORM.** Put the opaque container into the jiffy bag provided within your discharge pack. Post this pack straight away. For added safety post registered next day delivery. **The pack needs to arrive between Monday and Friday (post accordingly).**

We will write to you with your results within 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 M Kittel

Thames Valley Vasectomy Services Ltd



Thames Valley Vasectomy Services

No-Scalpel Vasectomy - The Safe Keyhole Method

DO'S AND DONT'S QUICK REFERENCE GUIDE	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	20 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)		•	•	•	•	•	•	•		
Optional but recommended Take 2 Ibuprofen tablets every 6 hours as required (max 8 tablets in 24 hours) *		•	•	•	•					
Optional but recommended 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.**

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From vasectomy to sterility (Oxford Patients)

An easy step by step guide

Step 1: What has happened:

- 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 possible repeat procedure unless a repeat sample is required (**Go to Step 3**)
- OR You are advised in your letter to repeat your sample (**Go to step 3**)

Step 3: "Repeat Sample", what to do next:

- Wait for the time specified in your letter.
- Ejaculate at least another 30 times, better more.
- You will be given instructions in your results letter regarding obtaining a further sample kit.
- Post it as directed.
- A follow up letter will be sent advising you of your results.