

Welcome Pack



Thames Valley Surgical Services



Please ensure you have read the pack and if you have any questions from this please ask them during the webinar appointment or contact the office on 07973 663355 and we will be happy to help.



Whoever has driven you to your appointment, must be prepared to wait for you until the appointment is finished (allow 1 hour).

Dear Patient,

Thank you for choosing Thames Valley Vasectomy Services.

Please take the time to **read** the documents inside the folder quite carefully. This will help us to understand your relevant history and it will help you to understand issues around the procedure and consent for a vasectomy. It will help you to prepare yourself for the procedure.

We will send you **two separate emails** with an **application** and a **pre-consent form** we would kindly ask you to complete online at home. These forms will be directly stored in your patient file and means you do not have to attend a consultation beforehand. Furthermore, it helps us to focus on your questions in your consent form and your medical history. **Please be aware for security reasons the form links expire after 3 days. Please fill these forms out as soon as possible.**

To avoid non-attendance, we have developed a cancellation policy which is included in this pack. Please discuss your vasectomy once again with your wife / partner at least one week prior to your appointment to ensure you are able to attend. Should you fail to attend your appointment or cancel less than a week before the procedure we may not be able to perform your vasectomy on the NHS at all. **It is your sole responsibility to check and re-confirm the appointment time. Please read our cancellation policy very carefully. If you have any questions at all, please do not hesitate to contact us on 07973 663355.**

Whilst we do not admit you to hospital for the day (unlike normal hospital procedures) or usually request you are present at the clinic for a prolonged time, we advise you must be **available throughout the whole of your procedure date**. Due to the nature of a surgical list and the individual medical needs of patients, **appointment times can change last minute** and instead of an afternoon appointment you may be asked to come in the morning and vice versa. However, you will only be cancelled in the most exceptional of circumstances.

Please take a look at our website, this holds much more comprehensive information about your procedure, your surgeon, will give you access to our patient satisfaction survey results and may answer any questions you have. www.vasectomy.me.uk

Overall, we hope you find your vasectomy much less traumatic than you anticipated.

Kind Regards

Dr Martin Kittel/ Dr Sophie Nicholls

Thames Valley Vasectomy Services

Before your No-Scalpel Vasectomy

The following instructions MUST be followed prior to your vasectomy:

1. **Shaving helps the surgeon by avoiding hair getting into the wound and allows for the dressings to adhere much better.**

If you have not shaved the area before then we would suggest you give yourself plenty of time.

- a. Firstly, you should use a beard trimmer, hair clippers or blunt ended scissors to reduce the length of the hairs.
 - b. Then, with an electric shaver or wet shaver, you shave the area. You will not be able to get as smooth a shave as on your chin, but you are looking for a good shave, not perfect.
 - c. Please shave the area at least 1 day before your vasectomy. If you wish to use hair removal products apply them at least 3-4 days before the procedure. This will prevent you feeling the stinging from the iodine disinfectant used to clean the operation site before the procedure.
2. Taking **painkillers** i.e. Ibuprofen or Paracetamol (read the information in the pack) **2 hours before** the procedure helps your pain perception. *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.*
 3. Please wear tight underpants, which give support to the scrotum, and loose-fitting trousers **NO JEANS** please.
 4. When you attend for the operation, please bring someone with you who can take you home. For legal reasons you must not drive yourself. Driving must be avoided for 2 hours post vasectomy, due to the local anaesthetic, used prior to the procedure. You can, but do not have to, bring your partner.
 5. Please note there are no charges for parking in the clinic but occasionally these spaces may be full, and you will need to park off site (please refer to the instructions at the end of this document for further parking options. We do have a drop off and pick up zone directly outside the clinic which is available at all times. There is a Disabled Parking Bay available on site.
 6. Usually, we will talk to you during the procedure and some relaxing music may be playing in the background. However, feel free to bring something interesting to read or a phone and headphones to listen to whilst the vasectomy is being carried out if you so wish.
 7. Be prepared to rest for at least 48 hours after the operation and if you have a manual job that includes heavy lifting, please arrange for one week off work if at all possible.
 8. Upon arrival, please take a seat in reception and we will call your name as soon as possible. Please be aware that a receptionist is not always in attendance.
 9. Please ensure that you **HAVE** had something to eat and drink before your appointment.

Dr Martin Kittel/ Dr Sophie Nicholls

Thames Valley Vasectomy Services

NHS Cancellation/Non attendance Policy

TVVS Ltd is commissioned by your local CCG to provide your Vasectomy via the NHS. However we are also a Private provider of Vasectomies.

Unlike our private patients, NHS patients are NOT expected to make a down-payment to secure an appointment with our service. As a consequence, this can lead to patients not attending appointments, wasting clinical resources, and disrupting the service to other users. The cost to the service / NHS of non-attendance is £300.

To avoid any of the problems encountered for both service users and staff, by late cancellation or non-attendance, TVVS recommends that you read the following guidelines carefully before confirming your appointment with us.

Following the referral by your GP, please discuss your vasectomy with your wife/ partner on more than one occasion prior to the appointment. If you are not 100% sure, please see your GP to discuss and possibly cancel your request or book a consultation only appointment with our service to discuss your concerns further.

Please DO NOT arrange a one stop clinic appointment if following your GP consultation, you are in any doubt whatsoever about going ahead with this procedure. Take your time to consider and book a consultation only appointment instead.

To ensure our service runs smoothly and efficiently effective communication with our administration staff is essential, in particular, if you change your mind about your request for a vasectomy **it is essential** that you inform us and cancel your appointment **at least 1 week** before your vasectomy. 07973 663355.

The service reserves the right to refuse provision based on non-attendance or late cancellation but will signpost you in the right direction of alternative arrangements.

Thank you for your understanding in this matter. Our patients are our priority and as such this policy is essential for the provision of high-quality care.

| 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 (short distance, automatic car 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 weight 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 for 7 days only (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 sample | | | | | | | | | | • |

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

Reviewed: October 2023

| <u>Contact Details</u> | |
|------------------------|--|
| Telephone: | 07973 663355 |
| Email | office@twvs.uk |
| Website | www.vasectomy.me.uk |

Directions to Thames Valley Vasectomy Services

The Bourne End Clinic, 12 Furlong Rd, Bourne End, SL8 5DG.

Directions for patients using public transport.

By train- Use the **Elizabeth Line** or any other train when coming from London or Reading. Stop in Maidenhead. Change to a train to Bourne End. Trains run weekdays every half hour. Twenty-five trains a day. The clinic is 100 yards from the train station.

By Taxi- Uber works in Maidenhead and Bourne End. [Bourne End Taxis](#) is an alternative. The number is 01628 201381

Directions for patients and drivers using private transport.

Cookham Bridge Closure

Please be aware Cookham Bridge (arriving from Maidenhead) is closed until spring 2024. You will either have to come via the A404 (Coming from M4 West or M40 junction 4) or via Taplow and Cliveden (when coming from Slough, Heathrow, M4 London). Please ensure you are using up-to-date satellite navigation software like Google Maps etc.

Limited [Parking](#) at the clinic

The clinic has 4 car parking spaces. You can use all spaces including the disabled space UNLESS there is a cone on it. Staff are parking off-side to allow patients convenient access. If you need disabled access, please let the clinic know so we can reserve the disabled car park for you.

In the unlikely event you cannot find a car parking space at the clinic, there is on-street parking and there are many car parking spaces all within 5-10 minutes walking distance of the clinic. We also have a drop-off zone at the clinic your driver can use and then either park nearby or wait until a car park becomes available.



Fig.1



Fig.2



Fig.3



Fig.4



Fig.5



Fig.6

WHAT TO LOOK FOR

When you arrive at the Bourne End Clinic you will need to press the door entry button and then take a seat in reception.

****Please only enter the clinic no more than 20 minutes prior to your appointment time****

Please see Fig. 1 – Entrance to Bourne End Clinic and Fig. 2 entry system.

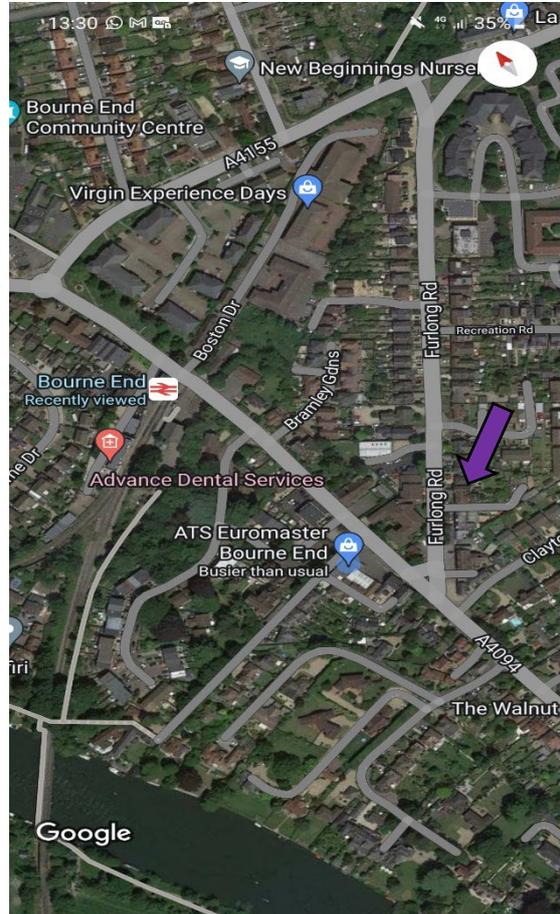
Fig. 3 – The reception desk is not always manned so please do not be alarmed if you do not see anyone on the desk just take a seat.

Fig. 4 is the reception waiting area located opposite the desk. Please take a seat here.

Fig. 5 Is the treatment room.

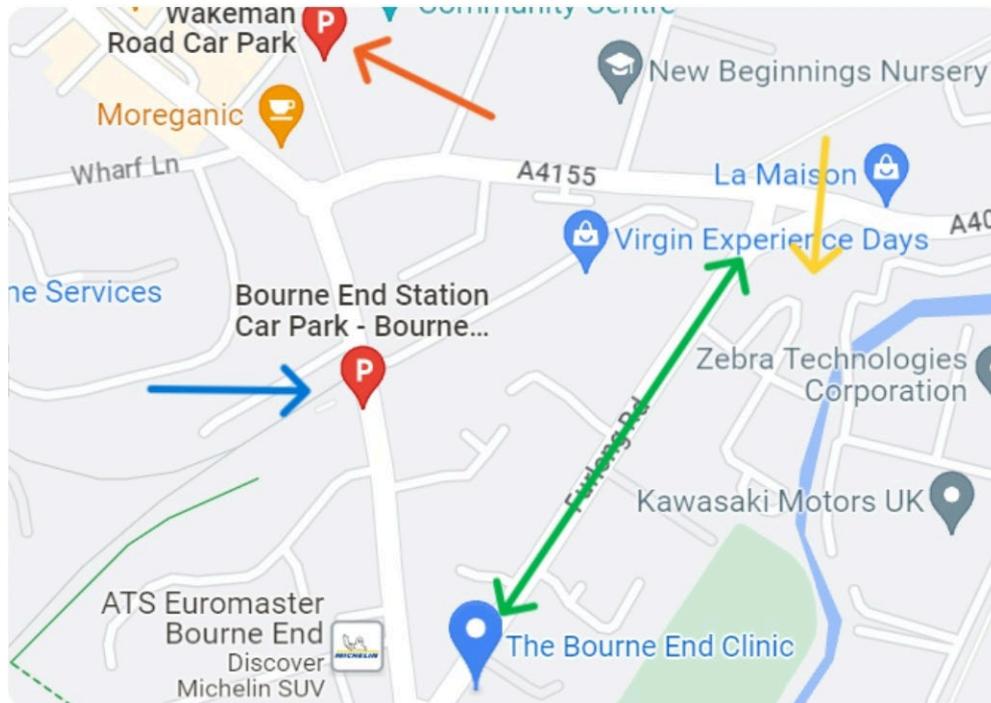
Fig. 6 Is the recovery area. Your partner can join you here following the procedure.

How to find us



Car Park Entrance 12 Furlong Rd

Main Entrance



Parking

There are 4 patient care parking spaces and a drop off zone at the Bourne End Clinic. Staff are parking off-site so patients can reach us easily.

The Bourne End Clinic, 12-14 Furlong Road has **4 car parking spaces and a drop off zone for patients**. 1 car parking space is for disabled users.

If you are running late and there are NO car parking space at Furlong Road you can always **ask your driver to drop you off in the drop off zone outside the clinic**. The driver needs to leave the drop off zone as soon as possible as this zone is used by ambulances, deliveries, other patients and other drivers.

Along Furlong Road (green double arrow – free parking): There are some car parking spaces directly on Furlong Road. Close to the clinic car parking is only for 1 hour (marked on signs), but a little further along they are as long as you want them to be. Most patients will not be with us for longer than 1 hour. It takes about 1-5 minutes to walk from a car park in Furlong Road to the clinic. There are usually plenty of spaces along Furlong Road throughout the day.

At the train station (blue arrow): There are plenty of park and ride car parking spaces at low cost available throughout the day (currently £3.80 for all day parking on a weekday). We have never seen it completely full. The walk, according to google maps is 4 minutes.

Wakeman Road Car Park (orange arrow): The central car park in Bourne End is Wakeman Road Car Park. The walk from there to the clinic is 7 minutes. The car park has ample spaces at low cost. The drive is 1 minute away from the clinic and if your partner can only drop you off he or she can also go shopping or have a coffee in Bourne End.

Shaving before a vasectomy: Our best advice

In general shaving that causes nicks in the skin has been associated with increased surgical site infections; however, this has never been shown to be true for no-scalpel vasectomy and the infection rate from vasectomy is so low it seems to be safe to shave before your vasectomy procedure.

The best shaving device to use before a vasectomy is a simple, disposable plastic razor preferably one with two blades.

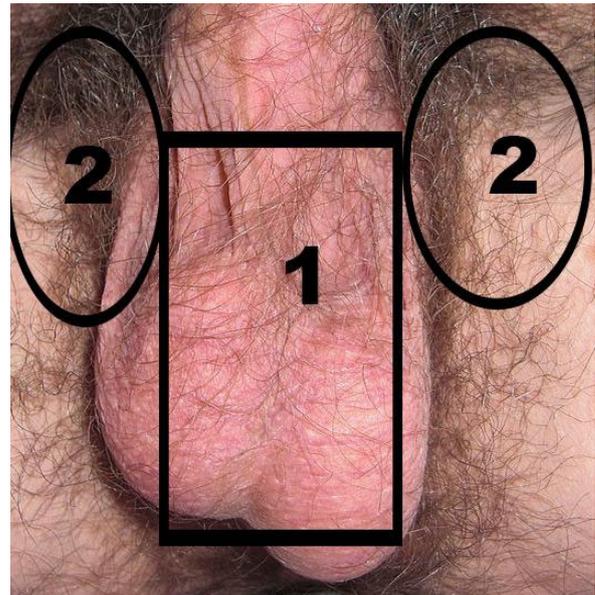


The best time to shave is ideally *two (2) to three (3) days before a vasectomy* appointment because this will provide enough time for any skin abrasions to heal before your procedure.

The best place to shave is inside the shower.

Long hairs can be trimmed with scissors or an electric trimmer, in the oval areas indicated by #2 and the hairs can be shaved in the rectangular area indicated by #1.

Please note, this is the minimum shaving, you can always do more. **Extending the #1 to the mid 1/3 of the penis can is also recommended.**



Minimum Shaving Required 1

Before turning on the water, use scissors or electric trimmer to trim any long groin hairs that can reach down to the front of the scrotum. (Areas indicated by the #2).

After trimming, turn the shower on and increase the water temperature to warm (the scrotum will relax in a warmer environment). Allow the scrotum to become wet and then apply a generous amount of either shaving cream or shampoo.

Don't use soap. Stand outside of the water stream, shave, and periodically allow the shower stream to rinse the razor blades of trimmed hair for you. Once your shave is complete allow the shower to rinse all residual hair and lather from your groin area.

The entire face of the scrotum should be shaved with the razor in the area indicate by the #1 in the photo. Better to extend **even higher than in #1** and shave the bottom 1/3 of the penis. The sides and back of the scrotum, the upper part of the penis, the groin, and the legs don't need to be shaved.