

HAVING A VASECTOMY

Your guide to advice & information for vasectomy



T: **0333 004 6666** T: **(01) 874 0097** (Eire)

www.nupas.co.uk



AFTERCARE HELPLINE

T: 0333 004 6666

T: (01) 874 0097 (Eire)

HAVING A VASECTOMY

This leaflet is provided for your information. We hope it helps you understand what is involved when having a vasectomy. If, after reading this leaflet, you have further questions, please contact the clinic where a member of staff will assist you.

Please ensure you read the whole of this leaflet prior to your appointment and keep it for reference following your procedure.

What is a vasectomy?

A vasectomy (male sterilisation) is one of the most reliable forms of contraception and has a 99% success rate. It is usually considered permanent however some procedures can be reversed.

Why choose a vasectomy?

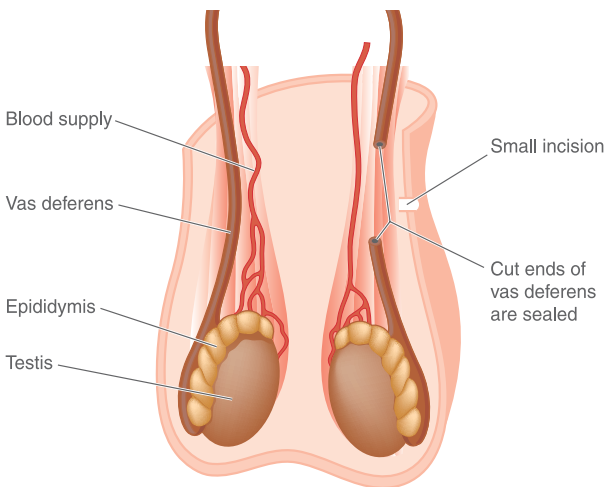
You may choose to have a vasectomy if you feel your family is complete and you do not want any more children. You may not want children at all and require a permanent method of contraception. Whatever your reason for choosing to have a vasectomy, we are here to help.

Vasectomy procedure

During a vasectomy procedure, a surgeon removes a section from each of the two tubes (vas deferens) that carry the sperm out of the testicles. The procedure is usually carried out under a local anaesthetic, if however you would prefer to be asleep during the operation please inform the doctor during your consultation and the option of having a general anaesthetic can be discussed.

There are two types of vasectomy procedures, the conventional method and the non-scalpel method, both of which take 15-30 minutes to perform and you are able to go home the same day.

THE TREATMENT



CONVENTIONAL VASECTOMY

Prior to a conventional vasectomy, the scrotum (the skin surrounding the testicles) is cleaned and a local anaesthetic is administered. Once the area is numb a small incision (approx. 1cm long) is made on each side, allowing the surgeon to locate the vas deferens and remove a section from each of the tubes. The ends of the tubes are then sealed and the skin incisions are closed using “dissolving” sutures and a plastic spray dressing is applied.

NON-SCALPEL VASECTOMY

Once the scrotum (the skin surrounding the testicles) has been cleaned and a local anaesthetic has been administered, the surgeon will feel for the vas deferens, beneath the skin. Once the tubes have been located, a small clamp is used to hold them in place. A special instrument is used to puncture a small hole in the skin of the scrotum and a small pair of forceps is placed in to the hole to keep it open, allowing the surgeon to access the vas deferens. A section from each tube is removed and the ends are sealed. Stitches are not needed following this procedure as there is very little bleeding.

RISKS AND COMPLICATIONS

All surgery carries some element of risk, such as bleeding during and after the procedure and haematoma (bleeding and collection of blood beneath the skin), but complications following a vasectomy are extremely rare. The most likely is a local infection, indicated by inflammation and pain. This can easily be treated with antibiotics. We will discuss risks and complications as part of your consultation. If you think you may have an infection, please contact our 24 hour aftercare helpline.

DISCHARGE FROM THE CLINIC

Providing you feel well enough, you will be discharged from the clinic approximately 30 minutes after your procedure. If you have had a general anaesthetic, you should arrange for someone to collect you from the clinic. You must not drive for 48 hours following a general anaesthetic.

AFTERCARE

PAIN RELIEF

Recovery time is usually quick. You will most likely experience some minor discomfort, swelling and bruising of your scrotum, but this should only last for a few days following the procedure. Painkillers such as Paracetamol can be taken to ease any discomfort.

UNDERWEAR

Wearing fitted underwear following the procedure will help to support your scrotum, reduce swelling and ease any discomfort.

BATHING

You are able to bathe and shower as normal but remember to be gentle and ensure you dry your scrotum carefully.

RETURNING TO WORK

You should be able to return to work within a couple of days but to reduce the risk of complications, we highly recommend you avoid any heavy lifting, sports or strenuous activities.

HAVING SEX

Having a vasectomy will not affect masculinity, sexual drive or performance and as the sperm constitute only a small proportion of the ejaculate, the normal amount of semen is still produced. Sexual enjoyment is unaffected and many people say it is improved once the fear of pregnancy is removed.

You can have sex again a couple of days following the procedure or once you feel comfortable to do so. The operation is not immediately effective so reliable method of contraception must be used until you have submitted two specimens for testing and they are clear from sperm.

HOW CAN I BE SURE IT'S WORKED?

To ensure your semen is free from sperm, you will be asked to submit two specimen samples; you will be given a leaflet with instructions and containers upon discharge from the clinic. The time it takes to clear the sperm from the semen can vary, some clearing as soon as 16 weeks, others taking longer. It is essential to continue intercourse or masturbation in order to remove the residue of sperm still in the system.

PRICE LIST

We are able to advise and treat both NHS and Private clients for vasectomy treatment. If you are attending our clinic as a private client, the prices are listed below;

Vasectomy with local anaesthetic

Consultation	£70
Deposit	£50
Treatment	£180
Total	£300

Vasectomy with GENERAL anaesthetic

Consultation	£70
Deposit	£100
Treatment	£380
Total	£550

COMPLAINTS

We are committed to providing high standards of care to all our clients. If you feel disappointed with any aspect of the service, please ask to see the Duty Manager.

If your complaint is of a serious nature, we request you put it in writing to the Registered Clinic Manager. Your complaint will be acknowledged within 48 hours and a detailed response will be sent out to you within 20 days.

If you are not happy with the response you receive you may write to:

The Chief Executive Officer,
5 Arthur Road,
Edgbaston,
Birmingham B15 2UL

We will arrange a review of your complaint. Your letter will be acknowledged within 48 hours and a detailed response will be sent out to you within 20 days.

APPOINTMENT DETAILS

Appointment time:

Appointment date:

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Informing...

to enable choice

Advocating...

to ensure rights

Enabling...

to increase skills

Supporting...

**with compassion
and care**

T: 0333 004 6666 F: 0845 659 0666

E: info@nupas.co.uk

NATIONAL TREATMENT CLINICS

SEE OUR WEBSITE

www.nupas.co.uk