



Having a Vasectomy

A patients guide to having a vasectomy at **Coole Surgery**

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Vasectomy Questions

Vasectomy is the only permanent method of male contraception. It is safe, effective and ideal for men who have completed their families or for those who do not want to have any children.

However because it is a permanent procedure, vasectomy is not a decision to be taken lightly.

This booklet aims to answer some common questions about vasectomy, but do not be afraid to ask if there is anything else you want to know – we want you to feel totally confident in your decision.

WHAT IS VASECTOMY – HOW DOES IT WORK?

Vasectomy is the common name for male sterilisation – a permanent method of contraception. It is a simple surgical procedure that seals the sperm-carrying tubes (vas deferens) to prevent sperm from entering the fluid you ejaculate. The procedure just takes about 15–20 minutes. We use a 'No Scalpel' technique to achieve this. There is a lower complication and infection rate using this method.

WHO CHOOSES VASECTOMY?

Any man who decides that he definitely does not want to have any more children or any children at all. It is a permanent procedure, so you must be absolutely sure about your decision - you cannot change your mind afterwards. We therefore offer a consultation with counselling prior to the procedure taking place. It is possible to book the consultation and procedure on the same day or separately if you would like more time to consider. Ideally we like to see all patients prior to doing the procedure. We will not refuse anyone on the grounds of marital status, but do not generally perform vasectomy on men under 27 years old.

HOW WILL VASECTOMY AFFECT MY BODY?

Your testicles will continue to produce sperm, but after the vasectomy procedure this cannot enter the tubes and is simply re-absorbed into the body. Vasectomy does not affect the production of male hormones. Orgasm and ejaculation are also not affected. The only difference when you ejaculate is that there is no sperm in the fluid – it will look the same.

WILL A VASECTOMY AFFECT MY SEX LIFE?

With no change to your hormones, ejaculation or orgasm, there is no reason why a vasectomy should have a negative impact on your sex life. In fact, many couples find vasectomy improves their sex life – enjoying greater sexual freedom once they no longer have the worry of an unintended pregnancy.

HOW EFFECTIVE IS VASECTOMY?

Vasectomy is probably the most effective method of contraception that exists; the failure rate is less than 1%. The sperm-carrying tubes may join together again naturally, but this is rare. If this happens soon after the procedure, we will find out when we test for sperm. We will offer to repeat the vasectomy at no cost to ensure it is successful. Very occasionally, the tubes will rejoin years after the procedure. You will have no way of knowing if this has happened, but if your partner falls unexpectedly pregnant following your vasectomy, we will be able to offer advice and help.

HOW IS A VASECTOMY PERFORMED?

A fast acting local anaesthetic is given before the procedure, which numbs the area. We cannot guarantee that you will feel no discomfort as each person reacts differently, but any discomfort can be relieved with pain-killers. **(See Appendix I)**

WHAT ARE THE RISKS OF VASECTOMY?

Vasectomy is a very common and safe procedure and long-term complications are very rare. However you need to be aware that, as with any surgery there are risks involved.

- **Infection**

The risk is small, but can be easily treated with antibiotics.

- **Swelling/ bruising**

It is common to experience a little swelling or bruising which can be relieved with painkillers and an ice pack. A small, pea-sized lump may develop around the wound and last for a while. This is your body's natural reaction to the healing process and usually needs no special treatment.

- **Bleeding**

A small amount of bleeding is not uncommon. This may form a swelling called a haematoma, particularly if you have been undergoing physical activity. A haematoma can be painful but subsides over time. In rare cases further treatment may be indicated.

- **Post-operative pain**

A very small number of men have been known to experience testicular pain for several years following a vasectomy.

DOES VASECTOMY INCREASE THE RISK OF CANCER?

There is no firm evidence linking vasectomy to cancer of the prostate or testicles. However we advise all men, whether or not they have had a vasectomy, to undergo regular health screening. It is also important to get into the habit of regularly checking your own testicles for lumps.

ARE THERE ANY ALTERNATIVES TO VASECTOMY?

There are very few methods of contraception for men, either vasectomy or condoms. If you have doubts over whether or not you will want to have children in the future, you should choose another method instead of male or female sterilisation.

DOES ANYONE NEED TO KNOW?

Only you can decide whether or not to have a vasectomy. You do not need your partner's agreement and our service is confidential. However, if you are in a long-term relationship, we would always advise that you discuss such an important decision with your partner. We will not inform anyone, without permission.

IS MY MEDICAL HISTORY IMPORTANT?

We need to know if you have had any previous surgery on your testicles or a hernia repair. Scar tissue from these procedures can make vasectomy a little more complicated. Please also tell us of any other significant conditions such as chest or heart problems or hepatitis. It should not affect your procedure, but it is important for your safety that we are aware of such problems. The doctor will examine you prior to the procedure and should he/ she anticipate any problems, your procedure may be postponed to a later date.

DOES THE VASECTOMY WORK STRAIGHT AWAY?

No. Because there will be some sperm left in your tubes, you will still need to use another method of contraception for a few months until the tubes have cleared.

We will ask you to provide sperm samples at 12 and 14 weeks after the procedure to check if there are sperm still present. When you have given two samples in a row that are both free from sperm we will write and inform you that your vasectomy has been successful and that you can stop using contraception. In some cases it takes a number of ejaculations to clear the tubes so we may need to ask for further samples.

Vasectomy Questions

HOW MUCH TIME WILL I NEED TO TAKE OFF?

It is a good idea to take things easy for a day or two. You might want a couple of days off work. If you have a very physical job we would advise you take a week off. We will be happy to give advice about your particular situation.

WHEN CAN I PLAY SPORT AGAIN?

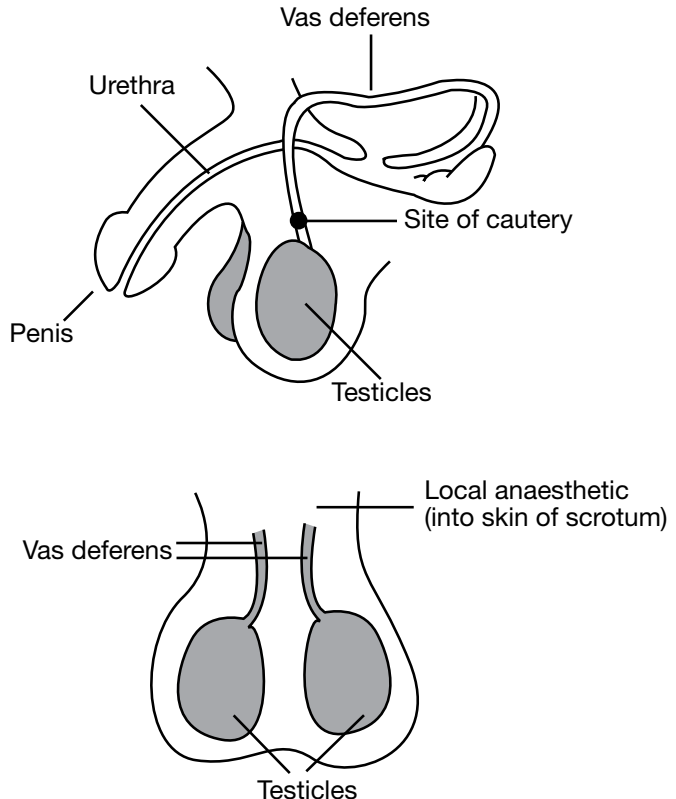
You should avoid going to the gym, cycling, playing very physical sports such as football, and rugby for a couple of weeks.

HOW MUCH DOES IT COST?

The fee for vasectomy including all pre procedure counselling, and Follow up semen analysis is €420. If there is anything at all that You are unsure about or that is worrying you, please do ask.

HOW IS A VASECTOMY PERFORMED?

Appendix I



CAN I DRIVE AFTER THE PROCEDURE?

We strongly advise attending the procedure with someone who can drive you home once it is completed. This will reduce the chance of post operative complications.

DO I NEED SEDATION?

Sedation is routinely offered at Coole Surgery, but not necessary to undergo vasectomy. A small quantity of sedation is given intra venously through a small plastic tube in the back of you hand.

We have found that men prefer this as it helps to relax them on the day, making them less anxious.

If you consent to having sedation you **WILL NOT BE ABLE TO DRIVE HOME OR OPERATE ANY VEHICLE OR MACHINERY** for the remainder of the day.

What to do on the day of the procedure

- A shower or bath is recommended on the day of the procedure The testicles must be shaved to reduce the risk of infection (If you would prefer this can be undertaken at the surgery by the medical staff)
- Arrive 15 minutes before your booked appointment so that last minute queries can be addressed
- Please ensure that TIGHT fitting underwear is worn on the day of the procedure. This will reduce the risk of post vasectomy bleeding and discomfort.
- The consent form will be completed on the day of the procedure.
- Take 2 Neurofen (Ibuprofen 200mgs) one hour prior to your appointment time.

Consent Form

I, _____

Authorise Dr. _____

to do a VASECTOMY, which consists of the surgical removal of a segment of the vas deferens (the tube that conveys sperm from the testicles to the outside). Other methods of treatment, including not having this procedure done, have been discussed with me and I have chosen this method.

I understand the following:

- That the purpose of a vasectomy is to render me permanently sterile.
- That there is no guarantee that sterility will be obtained (sterility is either not obtained or fertility returns in approximately one case in five hundred).
- That possible complications include, but are not limited to: Pain; swelling; possible psychological effect on my sex life; bleeding; infection; allergy to local anaesthetic; failure to achieve permanent sterilisation; vas deferens may grow back together in the first few months or later.
- That I must continue to use contraceptives until sterility is confirmed by two negative sperm counts at this Surgery.
- I have had an opportunity to ask questions and have had them answered. In addition, I have read this form and it has been explained to me in lay terminology. I understand the risks and intend to have the procedure done.

Date: _____

Signature: _____

Witness: if applicable: _____

DOCTORS STATEMENT: The patient and I have discussed this procedure, the risks, complications, and alternatives. To the best of my knowledge, the patient understands the procedure and consents to it.

(Dr's Signature): _____

Date: _____