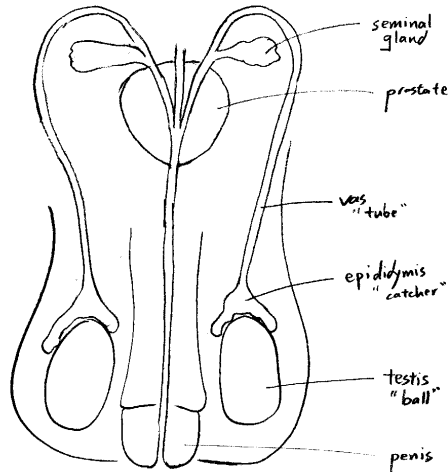


# Vasectomy Patient Information Worksheet

## Anatomy



- testis – produces sperm
- epididymis – catches sperm
- vas – tube that carries sperm
- seminal gland – produces semen
- prostate – adds to semen

## Procedure

- Exam  
A few people may be referred out if not appropriate candidates for “No-Scalpel” technique
- Numbing with lidocaine
- Clamp around vas
- Insert special forceps
- Cut vas on both sides
- Cauterize and tie

## Potential Complications

- Pain
- Bleeding
- Hematoma “grapefruit scrotum”
- Infection
- Granuloma “scar lump”
- Long-term ache
- Continuing fertility

## Before your surgery

- Sign Consent
- No aspirin for 10 days
- Clip hair and shower at home before surgery
- 

## After your surgery

- Day of surgery – home, rest, feet up, Ice, wear jockstrap, Tylenol.
- Day 2 – walk, shower, wear jockstrap, Take it easy, Tylenol.
- Day 3 – gentle activity, no vigorous activity, Wear jockstrap.
- Day 4 – return to work.

## Sex After Vasectomy

- Week 1: 1 time at end of week.
- Week 2: 2 times
- Week 3: as desired,  
But be sure to use contraception until semen checks are OK.

## Follow-up checks:

- Take semen in labeled container to Clinic as on the list.
- Results
  - no sperm  
(all finished, this is good)
  - rare non-motile sperm  
(future pregnancy very unlikely)
  - many sperm  
(may need to repeat vasectomy)

## Conclusion:

- After successful semen check, you are free to enjoy one of the most effective contraceptive methods known!
- Remember, though, condoms are still useful for protection against sexually transmitted diseases.

I have reviewed this worksheet, I have had my questions answered, and I understand the surgical procedure that I have requested.

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