

The Scott Practice Vasectomy Service

What you need to know about your Vasectomy

How to find us

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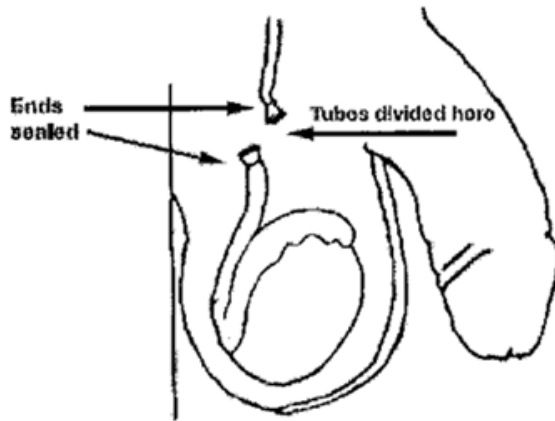
The best way to contact the practice is by filling a form using the link

<https://florey accurx.com/p/C86019> And we will contact you back within 1-2 days

If English is not your main language, an interpreter can be

arranged – please contact the surgery before your appointment to arrange this.

What is a vasectomy?



A vasectomy is a permanent method of contraception for men. The decision to have vasectomy should be taken very seriously and only if you are certain that you will never wish to conceive a child in the future. You will have an opportunity to discuss all issues related to the

operation in a telephone counselling appointment.

The Vas Deferens is the name of the tube that carries the sperm from each testicle up into the groin and then deep inside the body to a storage called seminal vesicles at the bladder base.

During a vasectomy operation a piece of the Vas on each side is taken out just above each testicle and the ends are sealed using cautery.

At The Scott Practice we use a method called “no-scalpel technique”, which is done under local anaesthetic.

It will take several months after the operation for the seminal vesicles to be cleared of sperm and you will remain fertile during this time. Once the storage is cleared, newly made sperm cannot pass into the fluid you ejaculate and you will no longer be fertile.

Is a vasectomy reliable?

Yes, once the seminal vesicles have cleared of sperm, the operation is very reliable.

In about one in 200 cases the Vas may re-join. This is more likely to occur in the first few months following the operation and would be detected on the semen sample at 16 weeks; the procedure may need to be repeated. If this happens later, a pregnancy may be the only indication.

Pregnancies occur in about one in 2,000 cases following vasectomy as a result of the Vas re-joining years after the operation. This is a very low chance – it is much lower than the chance of pregnancy with other methods of contraception.

Will it make me feel different?

Your testicles will still produce testosterone, the male hormone, the same as before. Your feelings, sex drive and ability to have sex will remain the same. You will still grow a beard, remain just as manly, will not put on weight and your voice will not change.

The only difference is that there will not be any sperm in the semen. Sperm are still made by the testicles but are absorbed by the body as quickly as they are made.

You will still make the same sexual fluids because this is made further down the tubing than the sealed off part of the Vas. The appearance and amount of the semen and feelings of orgasm will be the same as before.

Are there any risks?

Vasectomy has been available for many years. Research now shows that there are no serious long-term health risks associated with vasectomy. Up to four percent of men can get chronic pain following a vasectomy operation. This is associated with inflammation of the testes and epididymis (tube connection the testes to the Vas Deferens) and can last weeks, months, years or perhaps be life-long. In most cases such pain can be controlled using over-the-counter painkillers.

Side effects you may experience:

- The most common problems immediately after vasectomy are pain, swelling and bruising. These will usually resolve in a few days although bruising may take up to two weeks after the operation to fade.
- Wound infection can sometimes occur following vasectomy.
- Up to five per cent of men may get localised collections of blood called haematoma. This will resolve gradually over 3-6 months and most will require no further intervention.
- After one week the wound will usually have healed completely

What happens in the vasectomy service?

There are three stages:

- An assessment and counselling telephone appointment
- The operation
- Sperm tests to check the operation has worked

The assessment appointment:

You and your partner will first have an assessment appointment (sometimes called vasectomy counselling), where a doctor will discuss the vasectomy operation with you both and check there are no reasons why you should not have a vasectomy.

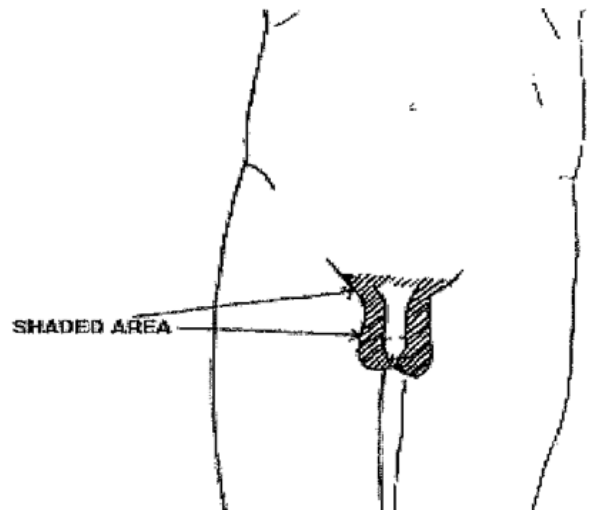
You will have the opportunity to ask any questions.

You will need to make sure you use reliable contraception until some months after the operation, when you are given the “all clear” – this will be discussed. Your partner would need to see their GP to arrange contraception.

At the end of the assessment you will be added to our waiting list to receive an operation date. However, if you need longer to decide whether or not to go ahead, this is fine and we can delay your operation for as long as six months. If you need to wait longer than this, the doctor will need to speak with you again so you are still familiar with all the information discussed at your assessment.

Preparing for the operation:

You will be required to have the scrotum clean shaven in advance. Two nights before the operation, shave the scrotum including the hair around the base of the penis (the shaded area in the diagram). Use a wet razor with soap or gel, do not use hair removing cream or wax.



- Have a bath or shower immediately prior to coming to the clinic.
- Eat a light meal, e.g. toast, cereal or soup at least two hours before coming to the clinic. Do not fast.
- On the day of the operation do not drink any alcohol before attending your appointment. Bring a pair of tight cotton jockey-type pants (not boxer shorts), a jock-strap or tight swimming pants. Inform the doctor if you develop any sensitivity to local anaesthetic or drugs.
- Expect to be at the clinic for about one, to one and a half hours.
- You should **not** drive yourself home. If you were involved in an accident your insurance may not be valid.
- Arrange to be driven home or for someone to accompany you home, preferably in a taxi.
- Patients can be dropped off and picked up outside the surgery

Can a vasectomy be reversed?

It is best to have a vasectomy on the understanding that it is permanent. Reversal operation are only very rarely performed on the NHS but can be paid for in the private sector.

It is possible to re-join the Vas tubes; however the success rate in producing further pregnancies is less than 30 percent because many men produce antibodies to their sperm following a vasotomy.

The operation appointment:

The operation is carried out under a local anaesthetic.

The operation itself will take about 40 minutes.

The skin of your scrotum will be cleaned with antiseptic then injected with local anaesthetic and will become numb (as is the case when a dentist numbs a tooth). Each Vas tube is identified and isolated with vasectomy instruments.

A small opening will be made in the front or either side of the scrotum. You will feel some pulling as the Vas is brought to the surface, which is sometimes uncomfortable. A cauteriser is used to remove a short length of the Vas and will seal the cut ends of the Vas.

After the operation you will be taken to a separate room to rest a while and encouraged to have something to drink. This will help you recover and you will be able to go home as soon as you feel well enough.

You may wish to bring a personal music player into the procedure room with you, to distract you while the operation takes place. This is fine but please let the clinician know before you go into the procedure room, so that they give you a chance to get ready.

What other reliable methods of contraception are available?

The following are reliable reversible methods of contraception:

- The implant (Nexplanon)
- Intra-uterine device (Coil)
- Intra-uterine system (Mirena)
- Depo-Provera injections
- Combined oral contraceptive pills
- Progestogen-only pills (Minipills)

How to access contraception:

To access these other methods, you or your partner can either contact your GP or go to the Family Planning Clinic.

What should I think about before deciding to have a vasectomy?

You should only consider the operation if you are quite sure you will **never** want to father another child whatever happens in the future. You should think through, and discuss with your partner, how you might feel if anything happened to an existing child. Of course you could never replace that child, but it would leave a big gap and could alter your thinking.

You would be advised to consider, and discuss with your partner, how you might feel if anything untoward happened to your partner or to your relationship, and you found yourself with a new partner who would, according to statistics, probably be younger than you. At present, your child-making years are not limited, but your partners are.

If you are not absolutely sure, you and your partner, as a couple should consider using a reliable reversible method of contraception until you are both certain you do not wish to have a further child.

Should you proceed with the vasectomy, you will still need reliable contraception for at least 16 weeks, possibly up to 6 months after the operation.

The main decision is that you do not want to have any more children. After that, the operation is straightforward. Please ask the staff if you have any problems or anxieties.

Minor Side Effects

Swelling may occur. For this, continue to rest, support the scrotum more firmly, and apply something cold e.g. an ice pack, ice cubes in a plastic bag or a small packet of frozen vegetables covered by a clean cloth.

Bruising is common and should fade in a few days with no problems. Treat as for swelling to aid recovery

If there is any minor bleeding apply firm pressure to the wound for at least five minutes then treat as for swelling.

If there is any redness, treat it as for swelling. If it does not settle in one day or if it is accompanied by pain or discharge from the wound than call the practice straight away and ask to talk to one of our doctors. If the practice is closed (either in the evening or at the weekend), you should ring the out of hours GP service or go to Accident and Emergency.

Up to five percent of men may get localised collections called **haematoma**. If you think this has happened call the practice to make an appointment to speak to a doctor.

After the operation:

For the first hour or two afterwards, you will not have any discomfort. This is a good time to get home. If you feel any discomfort, take paracetamol or your usual painkillers as directed. For the rest of the day take things easy. The next day you may feel sore.

- It is very important that you rest and support your scrotum well for at least 48 hours.
- Keep the area dry for at least 48 hours after the operation. You may then have a bath or shower. **Be careful to dry the area well by dabbing – do not rub it.** No further dressings are necessary.
- It is advisable to take a few days off work. This would usually be the rest of the week but it may be more if you have a manual or physically demanding job.
- It is important to avoid exercise for two weeks and contact sports for at least four weeks.
- The operation does not affect the passing of urine
- You can start having intercourse again as soon as the wound is comfortable.
- If you have any questions or queries after the procedure the best way to contact the practice is by filling a form using the link <https://florey accurx.com/p/C86019> and we will contact you back within 1-2 days

REMEMBER. YOU ARE STILL FERTILE UNTIL YOUR SPERM TEST IS CLEAR. YOU MUST USE CONTRACEPTION UNTIL YOU GET A LETTER TELLING YOU THAT YOUR SEMEN SAMPLE IS CLEAR OF SPERM

Listening to you

We are committed to delivering safe, effective and high quality care and ensuring all our patients are treated with respect to maintain their dignity. We would like to hear from you at any time with your concerns, suggestions or comments to help us to continue to improve our services.

You can do this informally by speaking to any member of staff.