



WEEKEND VASECTOMY CLINIC CONSENT

GENERAL VASECTOMY INFORMATION

Vasectomy is a safe and effective surgical procedure, which makes a male sterile or unable to have children. Vasectomy needs to be considered a permanent sterilization and even with vasectomy reversal as many as 30 percent of men will remain sterile. This makes this a serious decision that should not be entered into without giving vasectomy serious thought and considerations for alternative forms of birth control. After a vasectomy, in rare circumstances, the vas deferens can grow back together leading to a failure of vasectomy. This occurs approximately 1 in 2,000 cases using the techniques we use at the Weekend Vasectomy Clinic. You and your partner should take time to consider all of this before proceeding with vasectomy.

There are many myths about vasectomy you may have come across as you have researched vasectomy. There is no evidence that vasectomy leads to any long term sexual dysfunction. Vasectomy does not disrupt the body's ability to produce the male hormone testosterone. A vasectomy simply stops the flow of sperm. The body will continue to produce sperm and reabsorb the sperm not ejaculated the same way it would if someone had prolonged periods of abstinence. The only measurable changes after a vasectomy would be approximately a 5% reduction in the volume of the ejaculate. This decreased volume is small enough that it is not noticeable. Vasectomy does not cause erectile dysfunction or diminish sexual desire.

Vasectomy *does not* increase risk of any known cancers including testicular and prostate cancer.

BEFORE YOUR VASECTOMY

It is important to avoid aspirin and Ibuprofen for a week before your planned procedure. If you are planning on any form of sedation you should restrict your food intake to clear liquids for 6 hours before the procedure. Hair removal at the vasectomy site can be carried out the night before the procedure or at the time of the procedure depending on your preference. Typically athletic pants or other loose fitting clothing are the most comfortable after your procedure.

THE PROCEDURE

You can expect the procedure to take approximately 10-15 minutes. You will be asked to take clothes off below the waist. You will then have a sterile soap placed on the scrotum. You may also have a heating pack placed on the scrotum to help the muscles of the scrotum relax. You will then have a sterile drape placed. At this time the physician doing your vasectomy will begin to provide local anesthesia. We use only a needless system of numbing the area. This will mean you will feel a sensation like plucking a hair, and that should be the extent of the discomfort you experience. If at any time during your vasectomy you feel any sharp sensation let your physician know and they will provide you with more numbing medication.

During your vasectomy you will hear a buzzing sound. That is the use of cautery to seal the ends of the vas deferens. This, along with placing a small titanium clip, are the techniques used to seal the ends of the vas and prevent them from coming back together. We also place the two ends of the vas in separate tissue planes to prevent failure.

As soon as everything is numb a no scalpel technique will be used to perform the vasectomy. The opening in the skin is so small that there will be no stitches placed to close the opening. This means a small amount of drainage from the area is to be expected and considered normal.

It is common during a vasectomy to get a little light headed. If this occurs, let your physician know. Do not attempt to sit up or to stand and get dressed after the vasectomy if you are feeling in any way light headed.

AFTER YOUR VASECTOMY

Your numbing medication will start to wear off about two to four hours after the vasectomy. You will be provided with a prescription for pain medication. As needed, use an ice pack, as long as it feels comfortable, on for 20 minutes off for 40 minutes, avoiding direct contact of ice to the skin. Avoid aspirin and ibuprofen for the first two days after vasectomy. After two days, the best medication is ibuprofen as long as you do not have any allergies or reactions to this medication.

You should plan on taking it easy for the first 72 hours. This means avoiding any strenuous activity. The more you are able to take time off your feet, the sooner you will be back to normal. Typically, we release patients back to work within 24 hours if their jobs are not overly strenuous. Showering is ok the day after your vasectomy, but avoid taking a bath or sitting in a hot tub for the first 72 hours after your procedure.

You may resume all normal activities, including sexual activity, within one week. **Remember, you are not sterile until you have a negative semen sample.** You will be sent home with a collection cup. Until we see a semen sample with no sperm in it, you are not considered sterile, and you must use secondary method of birth control. It typically takes between 20-30 ejaculations to get a semen sample negative after a vasectomy. Plan on at least that many ejaculations before providing a sample.

We are a unique clinic in that we only do vasectomies and we only do them on the weekend. Please call ahead of time to confirm what clinic we will be in and at what time to bring your specimen in.

COMPLICATIONS

Chronic testicular pain (i.e. pain lasting more than a couple of weeks) is very uncommon after vasectomy. It occurs in less than one percent of cases. If you are having pain that lasts longer than 60 days after your vasectomy, contact the office.

Scrotal hematoma occurs when there is some bleeding at the vasectomy site. This occurs in about three to five percent of men who undergo vasectomy. The risk is reduced by limiting activity for the first two to three days after vasectomy. Scrotal hematoma is not dangerous. It leads to swelling that can take up to six to eight weeks to go away. It is very rare to require anything more than patience to manage.

Sperm Granuloma occurs when a small amount of sperm leaks from the testicular end of the vas. The body recognizes it is not supposed to be there and an inflammatory cap is placed over it called a granuloma. As many as 20 percent of men may develop this after vasectomy. Most common symptoms is mild discomfort and a lump at the vasectomy site. No additional treatment is needed to manage this.

It is normal to have some mild swelling as well as bruising along with small amount of drainage from the vasectomy site for several days after a vasectomy.

VASECTOMY CONSENT

I, _____, have read the above document and understand that vasectomy is a permanent sterilization. I understand all the risks, benefits and alternatives to vasectomy.

I have received an explanation satisfactory to my understanding that until I have returned a semen specimen, that is found to contain no sperm, that I am not considered sterile. Furthermore, I understand that if I have not returned a semen specimen that I understand that intercourse without another method of contraception may lead to an unintended pregnancy.

I hereby give my full informed consent for the physicians at Weekend Vasectomy Clinic to perform the vasectomy at my request.

PATIENT NAME (PRINT): _____

PATIENT SIGNATURE: _____ DATE: _____