

VASECTOMY – PATIENT INFORMATION

Vasectomy is a simple procedure to provide permanent control of fertility. It involves removal of a small segment of the vas deferens and tying off the ends.

The vas deferens is a long tube that connects the testis to the prostate and is responsible for the passage of sperm. Vasectomy produces a blockage to this passage.

There are implications with having a vasectomy which you must be aware of before you decide to have a vasectomy.

1. Sperm Clearance

The vas is a very long tube and stores 1 to 2 months of sperm. It is therefore necessary to wait until a semen test is clear of sperm before we can say that you are sterile and you can use the vasectomy as your form of contraception. You and your partner therefore need an alternative form of contraception until you have the clearance of sperm. Your local Doctor or myself will let you know when this is the case. After the procedure you will be issued a jar and request form for the test in 2 to 3 months.

2. End Fertility

You must be adamant that you wish to end your fertility. A vasectomy can be reversed but at best it is only 50% successful and it is not covered by Medicare or health funds.

3. Spontaneous Reversal

The cut ends of the vas deferens and sperm like to wander. It is possible for the cut and tied ends of the vas deferens to meet up and therefore the passage of sperm to resume. This is a rare event with a reported rate 1 in 2000. This can result in pregnancy in very rare circumstances.

4. Chronic Pain

All patients get some discomfort after the procedure, in most this disappears after several days. 1 in 250 patients do develop a chronic pain after a vasectomy. This pain can be disabling requiring the regular use of analgesia and in some circumstances further surgery.

5. Wound Infection - Rare.

6. Bleeding and Haematoma - Rare.

Several early studies suggested there may be a link between vasectomy and prostate cancer. This has been studied in reasonable depth and we no longer believe there is a link.

If you understand and accept the above implications then I am happy to arrange your vasectomy.

It can be performed under Local Anaesthetic in the rooms or alternatively a General Anaesthetic. I am comfortable doing the procedure under either anaesthetic. Most of my patients choose a Local Anaesthetic as it is a quick and straight forward procedure. A General Anaesthetic in a private hospital will attract out of pocket expenses from the anaesthetist and health fund. In the public hospital the wait for the procedure is likely to be 1 year at least.

BEFORE YOUR VASECTOMY
(In the rooms under Local Anaesthetic)

On the day of your procedure do the following:

- **SHOWER.**
- **SHAVE** - all hair from the sides of the upper scrotum, this is best done in the shower. It is not necessary to remove the hair around the penis.
- **EATING/DRINKING** - you can eat and drink as per normal.
- **CLOTHING** - wear supportive underwear, not boxers, you will be provided with a pad to go inside them on leaving the rooms.
- **MEDICATIONS** - take your normal medications.
- Please ask questions, if you want to delay the procedure because of doubts or concerns please let me know.

You will be given an "After Vasectomy" information sheet after the procedure.

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AFTER YOUR VASECTOMY

STITCHES- The wounds in your scrotal skin have been closed with a dissolving stitch. There is sometimes a little redness and discharge around these stitches - this is normal. There is sometimes a little itching around these stitches - this is normal. These dissolving stitches normally disappear in a week or two. If either stitch persists after 10 days and is itchy or annoying, you can cut the stitch out with a pair of fine nail scissors or similar.

DRY- Your small scrotal wounds should be kept completely dry for about 24 hours. This will allow an initial protective seal to develop. After this time it is acceptable to wet the wound in the shower. It is not wise to soak the wounds, such as happens when swimming, until at least a week after the vasectomy.

ACTIVITIES - Some information is contained in the pamphlet you were given. It is advisable to undertake very little activity in the first couple of days after a vasectomy. You can certainly walk about, drive and go to the movies. You learn how much activity you can undertake according to any testicular discomfort. You can quickly return to all normal activities after a couple of quiet restful days.

DRESSING - You have been given a dressing, more to protect your clothes from any minor bleeding or discharge that may come from your small wounds. The wounds need no specific protection. You can dispense with the dressing as soon as your wounds are dry and crusted.

SEMEN TEST - You must continue another form of contraception until a semen test has shown all of your sperm have cleared. You have been given a pathology bottle and a pathology form to take home. 8-10 weeks after your vasectomy, you should collect a sample of semen in the bottle. This can be done in the privacy of your own bedroom at home. Take the specimen, with the form, to the closest Pathology Office listed on the back of the form. The result of this semen test will be delivered to your GP's surgery two days after it is submitted to the Pathologists. At that stage, you should telephone your GP to check the result of the semen test.

YOU SHOULD NOT STOP CONTRACEPTION UNTIL YOU HAVE BEEN GIVEN THE ALL CLEAR BY YOUR GP

PROBLEMS- If you have any problems related to your vasectomy, you should firstly telephone the number above. You should do this without delay. If it is out of hours, and the situation seems urgent, you should telephone the Hospital where your procedure was performed (Lake Macquarie Private Hospital – 49475163, Lingard Private Hospital 49696799, Maitland Private Hospital 49338400) or attend your closest Emergency Department.