

## INSTRUCTIONS FOR VASECTOMY PATIENTS

1. Please contact your insurance company and verify whether a vasectomy is a covered service. If it is a covered service, please be prepared to pay any deductible or co-pay that will be due. If it is not covered, you will need to pay the full fee before the procedure.
2. Unless instructed otherwise when you schedule your vasectomy, the evening before your vasectomy you should shave the pubic area around the penis, the shaft of the penis, two inches around the scrotum, and the entire scrotal sac. It is not necessary to shave the entire pubic area. Shave using a standard safety razor like the Gillette Trac II. Do not use an electric razor, waxing products, or cream depilatories like Nair.
3. The risk of blood-thinning agents or anticoagulants is significant. Please notify your surgeon if you take any medications containing aspirin, nonsteroidal anti-inflammatory agents, Vitamin E, Plavix, Coumadin, or any other drug listed on the back of this form. These medicines should be stopped 1 week before this procedure.
4. Be sure to bring someone to drive you home. Sedation may be given, and the patient is not allowed to drive home after the procedure.
5. Have your prescriptions filled on the way home after the procedure and begin your medications immediately.
6. For the rest of the day & evening after the procedure, lie flat on your back and use an ice pack on the scrotum. You may get up to eat & to use the bathroom.
7. For the next two days, you may continue to use the ice pack intermittently. You should not do anything strenuous for the next several days – no athletics, no heavy lifting, do not mow the lawn. For the next three weeks there should be no bicycle riding, no motorcycle riding & no horseback riding, etc.
8. You may have swelling on either side of the scrotum which will be about the size of your thumb. This is normal.
9. The entire scrotum may turn blue as it bruises easily. This is okay as long as the scrotum does not become swollen to the size of an orange or grapefruit, etc. If this happens, please call your urologist.
10. You may resume sexual relations at any point, but you must continue your current birth control methods until we have tested two negative sperm counts. We will provide a container for you to collect a semen sample six weeks after the vasectomy. You may drop the specimen at any office and a physician will check it. Call the office the next day for the results.
11. Your skin stitches will dissolve on their own within the next 7 to 14 days. You may shower the morning after the procedure, but no swimming or tub baths for four days.
12. You will be more comfortable if you wear a scrotal support (jockey strap) or jockey-type underwear for the next four or five days.
13. The tissue specimens removed today will be checked by a pathologist to verify their identity. You will be billed separately by the pathologist.