

## Department of Urology

### Patient Information Sheet

#### Vasectomy

#### Male surgical sterilisation procedure

This procedure involves the removal of a segment of the vas deferens (the tube carrying sperm from the testicles to the penis) on both sides to make a man sterile.

This information sheet was developed and agreed by our Urology Team. Information within this sheet was obtained from various sources including; the Urology Team, the British Association of Urological Surgeons, other NHS Trusts and Department of Health Websites.

#### What are the intended benefits of this procedure?

For contraceptive purposes, to achieve **permanent** sterility

#### What are the alternatives to this procedure?

Other forms of male contraception ie condoms

#### What are the most frequently occurring events or serious risks of this procedure?

##### Common (greater than 1 in 10)

- Mild bruising and swelling for several days
- Blood in the semen for the first few ejaculations

##### Occasional (between 1 in 10 and 1 in 50)

- Heavy bleeding of the wound site or around the testicle, requiring a further procedure
- Persistence of pain or discomfort (10-30%)
- Development of a small lump at the top of the testicle, called a sperm granuloma
- Infection or inflammation of the testicle requiring antibiotics

##### Rare (less than 1 in 50)

- Early failure of the procedure to produce sterility (1 in 250-500)
- Recanalisation (development of late fertility 1 in 4000)

### **What sort of anaesthetic is used?**

Most commonly, local anaesthetic is used. Your Consultant or Specialist Nurse will be able to give you further information on which anaesthetic you are likely to require.

### **What does the procedure involve?**

Small cuts are made on either side of the scrotum. The vas tubes on both sides are clipped, and a section removed. Cautery is applied to the cut ends of the tubes, which are then tied off facing in opposite directions to avoid them joining back together again.

If this is being performed under a full anaesthetic, you will be assessed for your general health before the procedure at a 'Pre-Assessment' clinic and given all the information required to prepare you for an anaesthetic.

This procedure is usually performed as a day-case and rarely requires a stay overnight in hospital unless you are alone or have other medical conditions.

### **What happens after the procedure?**

If you are having this done as a day case, you will be allowed home as soon as you have had something to eat and drink and are well.

The scrotum will look swollen and bruised. This can take between 2-4 weeks to recover. There will be some soreness but ordinary painkilling tablets will keep you comfortable. We will give you some when you leave hospital.

You should bath or shower every day, to keep the wound area clean (bath in plain water and do not soak in hot water for prolonged periods). You should leave the wound bare (do not apply creams, lotions or dressings). If you have a wound dressing in

place – you may soak this off the day after your operation in the bath or shower.

You may find it more comfortable to wear supportive underwear but this is entirely your choice.

Avoid vigorous activity for 2 weeks, or until the wounds have fully healed. You can masturbate or have sexual intercourse as soon as you are comfortable-the more you ejaculate after the surgery the faster the tubes will clear of any residual sperm. You will be asked to provide two semen (sperm) samples after the procedure; one at 3 months and one at 4 months. You will then receive a letter from the hospital confirming that you are sterile, at which point you can stop using other forms of contraception. **It is very important that you continue using contraception until you receive this letter, as you will NOT be sterile immediately after the procedure.**

You can return to light work once you are comfortable (approximately 2-3 days) and manual or very physical activity after (approximately 2 weeks).

### **What else should I look out for?**

If you develop a discharge from between the stitches, fever, or increased bleeding you should contact your GP.

### **Who should I contact for more information?**

- Day Surgery Unit if your operation was carried out there

- **The Specialist Urology Nurses:**

Sue Sill & Chris Backhouse  
020 8934 3547

Yvonne Haffenden, Lin Williams & Suzy Waight  
Urodynamics - 020 8934 3038

- **The Urology Ward – Alexandra 020 8934 3152**
- Your Urology Consultant.