

Thames Valley Vasectomy Services

No-Scalpel Vasectomy - The Safe Keyhole Method

After your No-Scalpel Vasectomy

1. Do not drive until 2 hours post vasectomy (then only automatic and short distances)
2. Please rest during the first 48 hours after the procedure, doing as little as possible.
3. Please take it easy for at least 7 days avoiding heavy lifting and rushing about.
4. An icepack applied repeatedly for 20 minutes at a time during the first 24 hours may reduce bleeding, bruising and discomfort and may aid the further healing process.
5. Keep the plaster on the small wound for 7 days and keep the wound DRY for 48 hours. This will help to prevent infection entering. Do not remove the plaster unless it comes off by itself / after 5 days.
6. Please do not shower or bath for 48hrs and avoid bathing until the wound is clearly closing from behind (white or pink coloured tissue seen).
7. Please do not consume alcohol for 48hrs post procedure.
8. Please do not make love for at least 7 days to allow healing to take place.
9. Please note, that some men get a little blood in their ejaculations following a vasectomy, which should settle in time.
10. A little gaping of the wound and the discharge of some clear wound fluid is normal in some patients. If this happens, the wound will heal from behind.
11. Some pain and bruising is normal. Paracetamol should help but if you are worried in any way please go to <https://vasectomy.co.uk/vasectomy-aftercare/> . **For paracetamol/ibuprofen regime, please see dos and don'ts chart below.**
12. **If you still have questions, contact 07973 663355 during normal office hours. Leave a message during office hours.**
13. **In more urgent cases call 111 or in emergencies 999**
14. *regular antidepressant medication increases the risk of side effects and therefore we recommend the use of alternative painkillers if these should prove necessary.*
15. Remember to use other contraception until you have had a completely negative sperm count and a letter stating you are sterile. You need at least 30 ejaculations before you provide the first (and hopefully only) sample after a minimum of 20 weeks.

Instruction for collection of sperm specimens

- To understand our semen sampling procedure please refer to the easy step by step guide included in this pack "from vasectomy to sterility".
- **To Book your appointment Phone 01494 426405 as found on the sample form**
- To obtain a fresh sperm sample, please ensure you have not had intercourse or masturbation within the 3 days prior to production of the specimen. Produce the sample at home. Please ejaculate into the container provided **no less than 20 weeks** post procedure and after no less than 30 ejaculations. Collect the whole sample and ensure you have labelled the pot with the collection date and time. Please put the container into the bag attached to the request form and seal. Drop this immediately **within 50 minutes** of producing it at the **Cellular Pathology Building in Wycombe Hospital** Call when you arrive on **07870563058**.
- **Address: Department of Cellular Pathology, Wycombe Hospital, Andrology Dept, Queen Alexandra Rd, High Wycombe, Bucks, HP11 2TT**
- The laboratory cannot issue any reports directly to the patient. We will write to you about your results (please note this process can take up to 4 weeks). Unfortunately, we cannot under any circumstances give the results out over the telephone and we appreciate your co-operation in this matter.

Please note, we appreciate you cannot always foresee the time it takes to travel. However, occasionally, if there are too many patients arriving too early or too late for their appointment it may be difficult to do a semen sample in time and a semen sample may be out of time. The more time you have to spare, the better.

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DO'S AND DONT'S QUICK REFERENCE GUIDE	Day prior to surgery	Day of surgery	1 day after	2 days after	3 days after	4 days after	5 days after	6 days after	Over weeks 2 to 4	20 weeks or after
No alcohol	•	•	•							
No driving for 2 hours post vasectomy (short distance, automatic car only)		•								
Wear supporting underwear to procedure		•								
Wear supporting underwear all day and night and in the shower		•	•	•	•	•	•	•		
Wear supporting underwear for sports									•	
Eat a good breakfast		•								
Wear light clothes to appointment		•								
Ice pack 20 mins of each hour all day (except when you are sleeping)		•	•							
Ice pack 20 mins of each hour, evenings only				•	•					
No swimming		•	•	•	•	•	•	•		
No sex, no lifting, and no exercise		•	•	•	•	•	•	•		
Ensure silicone plaster remains in place (use alternative dressing if falls off)		•	•	•	•	•	•	•		
Optional but recommended Take 2 Ibuprofen tablets every 6 hours as required (max 8 tablets in 24 hours) *		•	•	•	•					
Optional but recommended Take 2 Paracetamol tablets every 4-6 hours if breakthrough pain occurs (max 8 tablets in 24 hours) *		•	•	•	•					
Provide semen sample										•

***UNLESS NOT TOLERATED OR NOT RECOMMENDED BY YOUR GP. ALWAYS FOLLOW INSTRUCTIONS GIVEN ON/IN THE PACKET, OR ON THE LABEL.**

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From vasectomy to sterility (NHS)

An easy step by step guide

Step 1: What has happened:

- You have had your vasectomy.
- You have waited for at least 20 weeks or longer.
- You have ejaculated at least 30 times or more.
- You have supplied a semen sample to us as directed.

Step 2 You will now get a letter from us. This letter will specify one of the following 3 results:

- You are sterile: Congratulations, **STOP reading here.**
- OR You have live sperm in your semen: Sorry, but you will need to contact us for a repeat sample **(Go to Step 3)**
- OR You are advised in your letter to repeat your sample **(Go to step 3)**

Step 3: "Repeat Sample", what to do next:

- Wait for the time specified in your letter.
- Ejaculate at least another 30 times, better more.
- You will be given instructions in your results letter regarding obtaining a further sample kit.
- Drop it off as directed.
- A follow up letter will be sent advising you of your results.