

Thames Valley Vasectomy Services

No-Scalpel Vasectomy - The Safe Keyhole Method

After your No-Scalpel Vasectomy

1. Please do not drive until at least 2 hours after your vasectomy and if so, only a short distance and an automatic car.
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 can reduce bleeding, bruising and discomfort in the further healing process.
5. Keep the plaster on the small wound for 7 days and keep the area dry for 48 hours. This will help to prevent infection entering. Do not remove the plaster unless it comes off by itself / after 7 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. This may sometimes take several weeks. Please keep the wound covered with a dry dressing / plaster while it is healing.
11. Some pain and bruising is normal. Paracetamol should help but if you are worried in any way please go to <https://vasectomy.me.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 urgent clinical aftercare cases call the on-call doctor on 07828 663355. Leave a message. We aim to respond within 4-12 hrs even at weekends. If more urgent call NHS 111 or 999.**
14. *There is evidence that using non-steroidal anti-inflammatory medication if already taking 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 step by step guide included in this pack "from vasectomy to sterility".

To obtain a fresh sperm sample, please ejaculate into the smaller clear container provided no less than 20 weeks post procedure and after no less than 30 ejaculations. Place this container in the transport bag, then in the clear plastic bag along with the form. **ENSURE THAT THE DATE AND TIME OF THE SAMPLE ARE CLEARLY MARKED IN FULL (DD.MM.YYYY) ON BOTH THE SAMPLE BOTTLE AND THE FORM.** Place your sample into the Green and White striped bag provided within your discharge pack. Post this pack straight away. For added safety post registered next day delivery. **The pack needs to arrive between Monday and Friday (post accordingly).**

We will write to you with your results within 2 weeks. Unfortunately, we cannot under any circumstances give the results out over the telephone and we appreciate your co-operation in this matter.

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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 (Private Patients)

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.
- Post it as directed.
- A follow up letter will be sent advising you of your results.

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Letter for your GP

Dear Dr _____,

This is to confirm your patient Mr _____ DOB: _____

had a no scalpel vasectomy on the _____

Normally, there is nothing you need to do as the patient gets a semen sampling kit provided along with comprehensive aftercare instructions.

Occasionally, there may be some side effects, about which your patient may contact you. However, generally we instruct patients to contact us in the first instance.

Our aftercare package contains a posted semen sample at 20 weeks and should this be negative all is well.

If a completely negative sample cannot be obtained, sometimes your patient needs to contact you in order to be able to supply a fresh sample to a local lab within 1 hour of producing it and confirm samples are definitely non-motile rather than having died in the post.

Please forward these results to us, if you wish us to take the legal responsibility of confirming sterility with your patient.

For more information, please refer to our website www.vasectomy.co.uk

Yours sincerely,

Dr Martin Kittel

Thames Valley Vasectomy Services

www.vasectomy.co.uk

0345 2255775