

VASECTOMY+
NORTH WEST

Part of PSM Medical Group

VASECTOMY PATIENT INFORMATION



**VASECTOMY CLINIC, ST MARY'S HEALTH
CENTRE**

THE PROCEDURE

The procedure will be carried out under local anaesthetic, which will be injected into either side of the scrotum. We utilise the 'No-Scalpel' technique which allows us to access the vas deferens (sperm pipe) without the use of a blade resulting in fewer complications than traditional vasectomy methods. Once the piping is exposed, a small section (up to 1cm) is taken away leaving 2 loose ends. These 2 loose ends are then occluded using diathermy (heat produced from high frequency electricity). It is the occluding of the piping that provides us with the best rates of success. The pipe is returned to the scrotum, and stitches are placed into the wounds. The stitches will dissolve themselves, this can take 2-3 weeks.

INSTRUCTIONS TO PATIENTS BEFORE VASECTOMY OPERATION

- Please shave the scrotum 24 hours before coming for the operation.
- Ensure you have transport home as you cannot drive.

INSTRUCTIONS TO PATIENTS BEFORE VASECTOMY OPERATION

- Following the procedure, you will need to be off work for up to two days, depending upon your job.
- Wear well supporting underpants or trunks up to the fifth day following surgery.
- You may start showering the following day but ensure that the two small wounds are thoroughly dried afterwards.
- Paracetamol may be taken for pain relief.
- Intercourse may be resumed when desired. Exercise may be resumed when you feel fit.

POTENTIAL COMPLICATIONS OF THIS PROCEDURE

- Infection in the wound.
- Bleeding at the site of the operation.
- The piping re-joining itself.
- Chronic scrotal pain.

However, these complications are uncommon.

The procedure should be considered to be irreversible. If you have any worries following the procedure, please come in to see Dr Jones.

POST PROCEDURE

Following the vasectomy procedure, you will have to submit a semen sample for analysis.

The semen sample should be submitted at least four months after the operation and a minimum of 20 ejaculations. To ensure a good volume of semen, **do not** ejaculate for a few days before producing the specimen.

The sample will be examined under a microscope to check whether you are infertile yet. The sample is examined by two different methods, by two different specialist staff in the laboratory. The report will be sent to Dr Jones, usually within **two to three weeks**. Dr Jones will contact you when he has received the result. On occasion small numbers of sperm cells may be seen on your semen sample which can sometimes result in repeat sample(s) being requested. If repeat testing shows the presence of motile sperm at 7 months post-procedure then the piping is likely to have rejoined meaning a repeat vasectomy would be required to achieve sterility. These extra semen samples and a repeat procedure (if necessary) are included in the price and would not cost you anything further.

You need to continue to use an alternative contraception until you have been informed IN WRITING that you have had a clear sperm sample.

Please read the following information regarding semen analysis and sample collection carefully. For the laboratory to carry out the tests correctly, your cooperation in producing the samples of semen is essential. Please help us to provide the correct result for you.

SEMEN ANALYSIS

▶ HOW TO BOOK A SPECIMEN SUBMISSION APPOINTMENT

Contact the Andrology /Microbiology Department to arrange or change an appointment at least 1 week before the intended day of sample production. Please inform the laboratory if you cannot attend the appointment.

Laboratory Opening hours:

Monday to Friday, 09:00 - 16:30

Phone number:

01772 522104

Appointments are available
Monday-Friday between
09:30-15:30

Please attend at Pathology
Reception,
(Entrance via Gordon Hesling Building)
Royal Preston Hospital,
Sharoe Green Lane,
Preston
PR2 9HT

Site map available at:
www.lancsteachinghospitals.nhs.uk/map/

▶ BEFORE COLLECTING YOUR SPECIMEN

- You **MUST** book a specimen submission appointment by contacting the Microbiology Department at the Royal Preston Hospital 01772 522104.
- The use of pre-arranged submission appointments ensures a member of staff is available to check your details and then process the sample in the appropriate time frame.
- Your doctor will supply you with a pre-weighted, non-toxic, sterile specimen pot - this **MUST** be used. Ensure the pot is clearly labelled with your full name, date of birth, and the time of specimen collection.
- Post vasectomy samples must be submitted at least 12 weeks after the procedure and after a minimum of 20 ejaculations.
- Your doctor will also supply you with a laboratory request form and a specimen detail sticker. These should be handed in with your specimen. Your full name, date of birth, NHS number, and the name of your requesting doctor **MUST** be present on the form.
- Abstain from intercourse for a period of 2-7 days before the specimen is produced to allow the sperm to reach maturity.

SEMEN ANALYSIS

▶ HOW AND WHEN TO DELIVER YOUR SPECIMEN

Ensure you bring the following to your appointment:

- Your specimen in the pre-weighed labelled container.
- The completed request form supplied by your doctor.
- The completed specimen detail sticker.

Please report to Pathology reception at the Royal Preston Hospital at your appointment time and inform them you are here to submit a sample for Andrology. A member of staff will then ensure all the required information is present.

Failure to comply with the above conditions may lead to incorrect results or rejection of the specimen.

▶ HOW DO I RECEIVE MY RESULTS?

- The report will be sent to your surgeon or doctor, usually within two weeks. For confidentiality reasons we never give results out over the phone.
- If you require any further help or advice, please contact your doctor.

▶ HOW TO COLLECT YOUR SPECIMEN

- Please wash your hands and genitals with soap and water, rinse thoroughly to remove all soap, and dry thoroughly.
- Please ensure the sample is produced **no longer than 1 hour prior to your appointment**. A delay in transit over 1 hour can affect the validity of the results.
- A fresh specimen is essential for all seminal analysis investigations.
- Your specimen must be collected by masturbation only. The whole ejaculate must be collected in the container provided. Condoms/sheath/lubricant must not be used.
- Ensure the container lid is tight, if the specimen leaks the test cannot be performed.
- Place your specimen in the specimen bag attached to your request form and seal.
- Keep your specimen at body temperature (in a pocket for example) before your specimen submission appointment.

Please note - there are no facilities to collect your specimen at the laboratory, you are not legally permitted to use a public toilet to collect your specimen.



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