

# Vasectomy Fact Sheet

Below are some facts which you might find useful when considering vasectomy. If you have any queries regarding any of this information below please do not hesitate to contact Matrix Health Services UK Ltd.

## Is vasectomy right for me?

If you and your partner are ready to consider a permanent method of contraception and you do not wish to father a child then vasectomy may be right for you. It is important that you consider factors such as your relationship status and stability as well as other contraceptive methods before making a final decision.

## Are there any side-effects?

Most procedures have a potential for side-effects. You should be reassured that, although all these complications are well-recognised, the majority of patients do not suffer any problems after a urological procedure.

### Common – less than 1 in 10

- a small amount of bruising and scrotal swelling is inevitable for several days
- seepage of a small amount of yellowish fluid from the incision several days later
- blood in the semen for the first few ejaculations
- the procedure should be regarded as irreversible. Although vasectomy may be reversed, this is not always effective in restoring fertility, especially if more than 7 years have lapsed since the vasectomy
- sufficient specimens of semen must be produced after the operation until they have been shown to contain no motile sperms
- contraception must be continued until no motile sperms are present
- chronic testicular pain (10-30%) or sperm granuloma (tender nodule at the site of surgery)

### Occasional – between 1 in 10 and 1 in 50

- significant bleeding or bruising requiring further surgery
- inflammation or infection of the testes or epididymis requiring antibiotic treatment

### Rare – less than 1 in 50

- Early failure of the procedure to produce sterility (1 in 250-500)
- Re-joining of the vas ends, after negative sperm counts, resulting in fertility & pregnancy at a later stage (1 in 4000)

**Will I be sterile right away?**

You are not sterile immediately after the operation because some sperms have already passed beyond the site where the tubes are cauterised. These sperms are cleared by normal ejaculation; it takes, on average, 20-30 ejaculations before you are likely to be clear. You are required to produce a specimen of semen for examination under a microscope 16 weeks after the operation and will be informed following the results of this whether other forms of contraception should be continued.

**Driving after surgery**

It is your responsibility to ensure that you are fit to drive following your surgery. You do not normally need to notify the DVLA unless you have a medical condition that will last for longer than 3 months after your surgery and may affect your ability to drive. You should, however, check with your insurance company before returning to driving.

**When can I go back to work?**

You should avoid heavy physical labour for 72 hours after your vasectomy. If you are comfortable and your job doesn't involve this kind of work you may be able to go back sooner.