INSTRUCTIONS FOR VASECTOMY

DO NOT take aspirin or medications that have anti-inflammatory properties for two (2) weeks prior to your procedure. These include Advil, Motrin, Aleve Orudis, Naprosyn, etc. If you have any questions about what you should or should not take, please call our office.

On the day of your procedure:

- On the day of your procedure, you must shower and shave the scrotal area.
- You must bring scrotal support with you on the day of your procedure.
- **YOU MUST HAVE A RIDE HOME.** If you do not make arrangements for a ride, the procedure CANNOT be done.*
- Take all routine medications as prescribed.
- No fasting is required. Please eat breakfast, and if you have an afternoon appointment, please eat lunch as well.
- Limited activity is required for a minimum of 48 hours after the procedure, and possibly longer.
- If you have any questions, problems, or concerns regarding these instructions or the procedure, please call the office.
- A nurse will call you the day before to confirm your appointment time.
- **DISCONTINUE ASPIRIN 2 WEEKS PRIOR TO VASECTOMY**

A question often asked of Premier Medical Group is: Are there any complications after vasectomy?

Vasectomy offers the most effective, permanent means of surgical contraception. It has one of the lowest incidences of side effects when compared with other contraceptive methods. It is important to note that no deaths have been attributed to vasectomy in developed countries. Selected large-scale studies conducted in Great Britain, Korea, and the U.S., between 1973-1974. Encompassing more than 13,000 men, show that the overall incidence of complication is less than 5 per 100 vasectomies performed.

Minor side effects immediately following vasectomy are some discomfort, swelling and/or bruising of the scrotal skin which usually disappears without treatment.

Complications can occasionally occur after any surgery. These include hemorrhage and infection. Other possible complications following vasectomy, although less common, include epididymitis and sperm granuloma. Sperm granuloma is a chronic inflammatory reaction which is postulated to develop as a result of leakage of sperm from the cut ends of the vas. Occasionally the body fails to resorb the granuloma causing it to become troublesome and requiring further treatment.

Based upon large-scale studies, the overall incidence of hematoma, epididymitis or infection is less than 2% of the vasectomies performed. For sperm granuloma it is less than 1%.

Although it is considered to be a virtually 100% effective procedure, vasectomy has been known to fail because, among other reasons, the cut ends of the vas may reconnect. This is termed spontaneous
recanalization (or spontaneous reanastomosis) of the vas and occurs in less than 1% of all cases. Studies on men, both before and after vasectomy, have demonstrated that no hormonal changes occur.

It has been shown that there are a proportion of men who produce sperm antibodies following vasectomy. However, current studies indicate that these antibodies do not affect general health and well being.

Vasectomy provided a means of permanent birth control with a minimal percentage of complications and a maximum percentage of effectiveness and safety.

**Meds to be withheld prior to procedure**

Please hold Aspirin, Aspirin Compounds, NSAIDS (Non-steroidal Anti-Inflammatory Drugs), and Anti-Arthritic Medications for 10-14 days prior to your treatment.

**Examples Include:**

- Advil
- Daypro
- Motrin
- Toradol
- Aleve
- Dolobid
- Naprosyn
- Vitamin E
- Alka-Seltzer
- Ecotrin
- Naproxen
- Anacin
- Empirin
- Nuprin
- Ascriptin
- Excedrin
- Meloxicam
- Baby Aspirin
- Feldene
- Orudis
- Bayer
- Fish Oil
- Plavix
- Bextra
- Folic Acid
- Pletal
- Bufferin
- Garlic Pills
- Poplar
- Butazolidin
- Gingko
- Quinine
- Cataflam
- Ginseng
- Relafin
- Celebrex
- Ibuprofen
- Seed Oils
- Clinoril
- Indocin
- TICLID
- Clopidogrel
- Lodine
- Ticlopidine
- Coumadin
- Mobic
- Toectin

In addition, those taking Aspirin, Coumadin, Heparin, Persantine and Plavix must notify us and make special arrangements with your medical doctor regarding your medications.