

Vasectomy: Post-Operative Instructions

General Post-Operative Care

After the operation you will need to be accompanied home and take it easy for the rest of the day.

When the local anaesthetic wears off you may experience some discomfort. This can be resolved by taking simple painkillers, available over the counter at pharmacies and most supermarkets.

You may have mild swelling and bruising around the operation site for a few days after the operation. This is common and nothing to worry about.

You may feel more comfortable if you wear supportive underwear for a few days. Sometimes wearing 2 pairs of underpants at once gives more support. You should take care not to let children or pets jump on you for the first few days and should avoid strenuous activity until you feel comfortable.

You can shower from the first day after the operation but it is important to keep the wound clean and dry.

If you are worried about anything please do not hesitate to contact us.

There is no need for your stitches to be removed as they will dissolve between 14 and 28 days after your operation.

You may continue to have intercourse after the operation but should avoid doing so for a week or two.

You must continue to take contraceptive precautions until you have received confirmation, in writing stating otherwise.

Post-Operative Semen Samples

Collection of the Sample:

2 semen samples are required at 16 and 24 weeks after your operation. You must have ejaculated at least 24 times after your operation before producing your first sample for the laboratory.

The specimen should be collected after a minimum of 48 hours but no longer than 7 days of sexual abstinence.

First wash your hands and genitals in the normal way. Dry thoroughly.

The Container:

Please use the sterile container provided. **Do not** open the container until you are ready to produce the sample. Collect the sample by masturbation, collecting the entire specimen directly into the container. **Do not** provide a sample emptied from a condom as these contain chemicals which destroy sperm and **may give a misleading result**. Seal the container immediately with the lid. Make sure that the lid is on tightly. Do not use adhesive tape.

Please write the date and time the sample was produced on the container label.

Complete the patient information area of the form stating TIME and DATE of sample production, whether the whole sample was collected and the number of days abstinence.

How to Collect and Deliver the Sample

Before producing your sample you must:

- Abstain from sexual intercourse or masturbation for 2 – 7 days.
- You must also be hygienic, washing your hands and genital area with soap and water, ensure complete removal of all soap residues (soap kills sperm) and dry thoroughly.
- For post-vasectomy samples, the first sample must be at least 16 weeks and 24 ejaculations after the operation.

Producing the sample:

- Use only the container provided – other containers are not acceptable as they may kill sperm.
- Ensure that the whole sample is collected.
- Make sure that the screw cap is firmly attached (after producing the sample into it) before placing it in the plastic bag provided.
- Please ensure that your full name, date of birth and address are written on both the container and the request form.
- Keep the sample close to the body whilst travelling (as sperm are sensitive to extremes of temperature).
- Deliver the sample to the laboratory **within one hour** of production.
- If you think that you may have problem delivering the sample to the laboratory within one hour, there is a special room available in the unit that you can use to produce the sample. Please do not use the public toilets to produce your sample.

Samples should be produced by masturbation into the container provided. Withdrawal (coitus interruptus) is not recommended because it is too easy to lose part of the sample making the test invalid. Do not use lubricants such as K-Y jelly. Condoms should not be used because they contain spermicide which kills the sperm.

Delivery of the sample

- Deliver the sample and completed form to the Andrology Laboratory **within one hour** of collection.
- Please keep the sample warm by carrying it under clothing near the body, especially if the weather is cold. Do not overheat or chill the sample as this may cause the sperm to die.
- **The Semenology laboratory, Wales Fertility Institute-Swansea, is located in the Women and Childrens Health block, level 3, Singleton Hospital.**

(The laboratory is next door to ward 17 and it is previously known as SWARU)

Results

Results of the test will be available on the computer system for your doctor to access. Please allow 7 to 10 days for these to reach your doctor. **The laboratory cannot give results directly to patients.**