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No-Scalpel Vasectomy

Pre-Procedure Instructions for Patients

ABOUT YOUR PROCEDURE

A vasectomy is a permanent form of birth control for men. Through one or two small openings in the scrotum, your urologist locates the vas deferens — the tubes that carry sperm — and blocks each one so sperm can no longer reach the semen. With the no-scalpel technique the skin opening is made with a small puncture rather than a cut, and it is usually small enough that no stitches are needed. The procedure is done in the office with local anesthesia and typically takes about 20 to 30 minutes.

BEFORE YOU DECIDE

A vasectomy should be considered **permanent**. Reversal surgery exists but is expensive, is usually not covered by insurance, and does not always restore fertility. Please be certain you do not want biological children in the future before proceeding. A vasectomy does **not** protect against sexually transmitted infections, and it will not change your testosterone, erections, orgasms, or the appearance of your semen.

MEDICATIONS

- **Blood thinners:** If you take aspirin, warfarin (Coumadin), clopidogrel (Plavix), apixaban (Eliquis), rivaroxaban (Xarelto), NSAIDs, fish oil, or vitamin E, ask the provider who prescribes them whether it is safe to stop before your procedure. Do not stop any prescription medication on your own.
- **Other medications:** Continue your regular medications unless told otherwise.
- If you were given a medication to help you relax, take it as directed and bring a driver.

THE DAY BEFORE

- Trim the hair on the front of the scrotum with scissors or clippers. **Do not shave with a razor** — this raises the risk of infection.
- Shower and wash the area well with soap and water.
- Fill any prescriptions you were given.
- Buy a bag of frozen peas or several ice packs, and have supportive underwear or an athletic supporter ready.
- Arrange time off. Most men take the procedure day plus the following day, and avoid heavy work for about a week.

THE DAY OF YOUR PROCEDURE

- Eat a normal light meal — you do not need an empty stomach.
- Shower again and wash the scrotum thoroughly.
- Wear supportive underwear or bring an athletic supporter with you.
- Bring your photo ID, insurance card, and medication list.
- Bring a driver if you were given a relaxing medication. Otherwise a driver is helpful but not required.

WHAT TO EXPECT

The skin is cleaned and numbing medicine is applied. You may feel a brief sting as the numbing medicine goes in, and a pulling or tugging sensation during the procedure — this is normal and is not usually painful. Your urologist blocks each vas deferens, and the small opening is closed or left to heal on its own. You will rest briefly and then go home.

IMPORTANT — YOU ARE NOT STERILE YET

Live sperm remain beyond the blocked tubes for some time after a vasectomy. **You must continue using another form of birth control until a semen sample confirms that no sperm remain.** You will be asked to bring in a sample about 8 to 12 weeks after the procedure. Do not rely on your vasectomy until we tell you the sample is clear.

WHEN TO CALL THE OFFICE

Call 909.236.3333 if you develop a skin infection, rash, or sore on the scrotum, have a fever or other illness, or if you have any change of mind or unanswered questions about the permanence of this decision.