

# Thinking About a Vasectomy?

Pre-visit counseling worksheet

## The big decision: permanent birth control

A vasectomy is considered **permanent sterilization**. Only choose vasectomy if you are comfortable with permanent birth control.

**If you are unsure, it is better to wait. There is no such thing as a temporary or guaranteed reversible vasectomy.**

## What changes after vasectomy?

A vasectomy blocks sperm from getting into the semen. Your body still makes sperm, but absorbs it naturally.

- Testosterone does **not** change
- Sex drive, erections, orgasm, and ejaculation should **not** change
- Semen volume, consistency, quality, and appearance should feel essentially the same

In simple terms: after clearance, the semen should look the same, but no longer carry sperm.

## Where is it done?

- About **90-95%** of patients have vasectomy done in the clinic.
- Clinic vasectomy uses **local numbing medicine only**. You are awake.
- Many patients can drive themselves home after a clinic vasectomy.
- Bring a driver if you are very nervous, prone to fainting, have a long drive, took sedating medicine, or prefer help.

**OR/anesthesia patients:** if sedation or anesthesia is used, an adult must drive you home.

## What will I feel?

The numbing medicine is meant to remove sharp pain. You may still feel pressure or deeper sensations.

- Pulling in the testicle
- Aching or pressure in the lower belly
- A brief "kick in the groin" type feeling
- Tugging or gnawing discomfort

These sensations are common and usually brief. Tell us during the procedure if you feel sharp pain.

## How is the procedure done?

Your doctor makes one or two very small openings in the scrotal skin. The vas deferens is carefully isolated on each side, with gentle handling of the surrounding tissues to reduce bleeding and postoperative pain.

A small segment of each vas deferens is removed. The ends are clipped and cauterized/burned closed. The clips are permanent. The skin opening usually closes with a dissolvable stitch or heals on its own.

# Before and After Your Vasectomy

What to do before your visit and what to expect afterward

## How should I prepare?

- Eat a **light meal** before your vasectomy. Do not arrive completely hungry or overly full.
- Wear or bring snug underwear, compression shorts, or a jockstrap for support afterward.
- Have ice or a bag of frozen peas ready at home.
- Ask your doctor what to do if you take blood thinners, aspirin, diabetes medicine, anxiety medicine, or narcotic pain medicine.

## Recovery expectations

- Mild soreness, bruising, swelling, or aching for a few days is common.
- Plan for light duty for **3-7 days**, then increase activity as tolerated.
- Avoid heavy lifting, strenuous exercise, running, cycling, yard work, or physical labor until improving.
- Use scrotal support, ice, and ibuprofen afterward if you are allowed to take ibuprofen.

There is a small risk of short-term or long-term scrotal/testicular pain after vasectomy. Most discomfort improves, but rarely pain can last longer and need treatment.

## Sex and semen test

- No sex or masturbation for **1 week**.
- After 1 week, you may resume sex as tolerated, but use protection until cleared.
- Vasectomy does **not** work right away. You can still cause pregnancy until the semen test confirms success.
- Semen test is usually around **8-16 weeks**, often after **10-20 ejaculations**.

**Do not stop birth control until our office tells you it is safe.**

Vasectomy does not protect against sexually transmitted infections.

## What if I change my mind later?

The best time to think about future fertility is **before** vasectomy. If there is a real chance you may want more biological children later, consider waiting or sperm banking before the procedure.

- **Vasectomy reversal:** microsurgery to reconnect the tubes. Success varies by time since vasectomy, partner fertility, and surgeon experience.
- **Sperm retrieval with IVF:** sperm may be collected directly from the testicle or epididymis and used with IVF.
- **Referral:** reversal is not performed here in Baytown; patients are referred to a high-volume male infertility/microsurgery center.

These options can be expensive, may not be covered by insurance, and are not guaranteed.

## Questions for your doctor

Use this space to write down what you want to ask at your visit.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Questions before your visit: call the office during business hours or send a MyChart message. Office phone: 832.556.6046