

Part 1 - Helping you choose

UR02 Bilateral Vasectomy



Having a vasectomy

This booklet can help you decide if you want to have an operation on your testicles to stop you having children.



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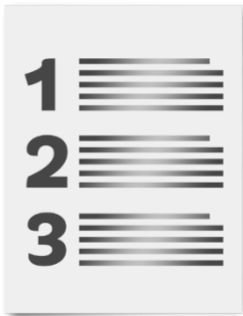


This booklet

This booklet is about having a **vasectomy**.



A **vasectomy** is an operation on your testicles to stop you having children.



This booklet tells you more about having a **vasectomy**.



It can help you choose if you want to have a **vasectomy** or not.



It is your choice

You don't have to have a vasectomy.

You can say **yes** or **no**.



When you have read this booklet speak to your doctor.

They can help you choose what to do.



About the operation

Before the operation the doctor will make sure you cannot feel anything.



They can do this in 2 ways:

- Put you to sleep, or
- Give you injections.



You and your doctor will choose which is best for you.



About the operation

When you cannot feel anything the doctor will make 1 or 2 cuts on your **scrotum**.



Your **scrotum** is the sack of skin that your testicles are in.



They will cut the tubes that take sperm to your penis.



Then the doctor will close the cuts with stitches or clips.



The operation normally takes about **15 to 20 minutes**.

You should be able to go home the same day.



If you say YES to the operation

The operation should stop you from having children.



This means you may not need to use things like condoms to stop your partner getting pregnant.



You may have a bit of pain but this should not last long.



There is a very small chance that it may not work and you could still make a woman pregnant.



Your doctor can tell you more about this and any other risks.



If you say **YES** to the operation

A vasectomy should last forever.



This means you will **not** have children in future.



If you change your mind you can have another operation but this does not work for everyone.



If you say **NO** to the operation

If you say no to a vasectomy you may have children in future.



You can use condoms but there is a small chance that they will not work.



If you say **NO** to the operation

If you have sex with only one woman then they may be able to have an operation instead.



Or they may be able to use something like the pill.



Your doctor can tell you more about these choices.

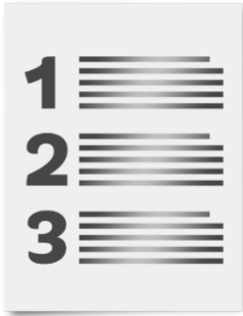


Making a decision

If you have a partner you may want to talk to them before you make a choice.



Talk to your doctor if you have any questions.



More information

This leaflet only covers the main points.



If you have any questions speak to your doctor or call

UR02 Bilateral Vasectomy



Having a vasectomy

This booklet tells you more about the operation. It can help you get ready for the operation and help you look after yourself afterwards.



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This booklet

This booklet is about having a **vasectomy**.



A **vasectomy** is an operation on your testicles to stop you having children.



This booklet tells you more about the operation.



It can help you get ready for the operation.



It can also help you look after yourself after the operation.



Before your operation

Things you can do to help:

- If you smoke try to stop now.



- Try to stay a healthy weight.



- Do some gentle exercise but speak to your doctor first.



- Talk to your doctor about any medicine you take.



- Have a bath or shower on the day of your operation or the day before.



On the day of your operation

You will go to hospital for your operation.



It is important that you stay warm before your operation.

Tell the doctor or nurse if you feel cold.



Before the operation you will need to shave around your penis.



The doctor may ask you to do this or they will do it for you.



The operation

Before the operation the doctor will make sure you cannot feel anything.



They can do this in 2 ways:

- Put you to sleep, or
- Give you injections.



You and your doctor will choose which is best for you.



When you cannot feel anything the doctor will make 1 or 2 cuts on your **scrotum**.

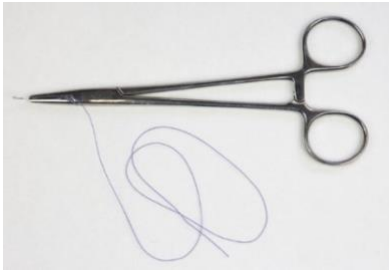


Your **scrotum** is the sack of skin that your testicles are in.



The operation

The doctor will cut the tubes that take sperm to your penis.



When they have finished the doctor will close the cuts with stitches or clips.



The operation should take about **15 to 20 minutes**.



After your operation

After your operation you will go to a different part of the hospital for a rest.



The doctors or nurses may give you:

- Medicine to help with any pain
- Ice to hold on your penis
- A special support to wear.



Going home

You should be able to go home the **same day**.



Someone should take you home and stay with you for at least **24 hours**.



Keep a phone close by so you can call the hospital if you need to.



For the first **24 hours** do not do any activities like driving or cooking.



If you were put to sleep do not drink alcohol or sign legal papers for **24 hours**.



Looking after yourself at home

Your testicles may hurt a bit for the first few days.



Take any medicine the doctor has given you.



Do not have sex or do hard exercise like running or cycling for **5 to 7 days**.



You should be ok to shower after **2 days** but check with your doctor first.



If you drive check with your doctor before you start driving again. Also check with your insurers.



Getting better

You should be able to go back to normal activities after about **2 days**.



It may take a bit longer to go back to tiring activities.

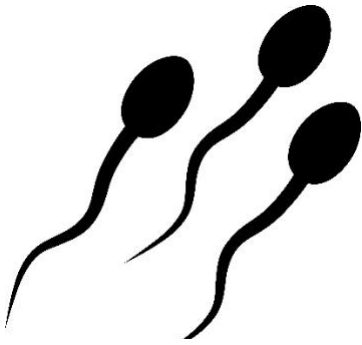


Gentle exercise can help you get back to normal but check with your doctor first.



Call the doctor straight away if you have:

- Swelling
- Pus in the cuts around your testicles
- Pain for more than **4 weeks**.



Having sex after the operation

There may be some sperm left in your penis after the operation.



This means you could still get your partner pregnant.



You will need to use condoms or other things to start with.



The doctor will ask you for samples so they can test if there is any sperm left.



The doctor will tell you when it is safe to stop using condoms or other things.

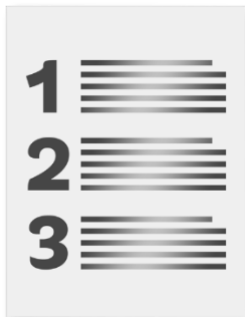


Having sex after the operation

A vasectomy should not affect your sex life.



You should be able to have sex the same as before.



More information

This leaflet only covers the main points.



If you have any questions speak to your doctor or call