

Welcome

To The
Long Lane
Vasectomy Clinic

Before you
decide to go
ahead.....

There are a few points to consider:

- It is very effective indeed but it is not 100% effective.
- There is a Failure rate (even after your negative test) of about 8/10 000.
- It should be considered IRREVERSIBLE. Only about 1 in 4 of the Reversal procedures are successful. So you need to be VERY sure that you want to go ahead whatever the future holds for you and your family.

The Process..

Counselling

The Vasectomy

After the Vasectomy

The Testing

Counselling

Please read the
Information Slides
and complete
The Patient Questionnaire

We will follow it up with a telephone call
(or face to face if you prefer)
to answer any questions and make sure you are
happy to go ahead.

The day before the procedure: We need you to shave
the hair off from the base of your penis and the front
and sides of your scrotum (ball sack). This is so that
we can get you as surgically clean as possible and
reduce the risk of infection.

The Vasectomy

- The procedure takes about 10 minutes.
- We put small 2 numbing (Local Anaesthetic) injections in at the top of your scrotum, one on each side. (takes 5-10 seconds each side)
- We then make a small hole in the skin and lift your vas deferens (the tube that carries the sperm) up through the hole. This allows us to remove a piece of the vas and seal the tube for you.
- You will need to put some tight pants on afterwards to lift and hold your scrotum. Tight running or cycling shorts are ideal.
- if you are in a heavy manual job, it is best to be on light duties for 2 weeks, we can provide a 'fit note' for you. Just ask us at the time of your procedure.

After the Vasectomy

You may be a little bruised and sore afterwards.

It is better to rest up for a few days and take regular pain relief.

Please avoid sex, running, heavy lifting or carrying for at least a week afterwards to reduce the risk of a Haematoma.

Haematomas are like a deep bruise. They are painful but usually self limiting. You will have our clinic number to call if you are worried.

The wound is not sutured but heals by itself over the following few days.

Risks and Complications of Vasectomy

Vasectomy is usually quick and straight-forward but, as with any operation, it carries risks

- post vasectomy pain syndrome is a long-term pain affecting the scrotum and this affects up to 1:50 men. It can be treated with medication, but it can't usually be cured
- in about 1:100 cases the tubes join straight back up again. This is called 'early failure'. We would spot this on your sperm test and would offer you a re-do. **MAKE SURE YOU SEND THE TEST SAMPLE OFF TO THE LABORATORY.**
- with any operation there is a small risk of complications which could mean a hospital visit or further surgery. This risk is very low with vasectomy

Make sure you have considered the other options for contraception such as the coil, the implant and the injection:

- <https://www.icash.nhs.uk/contraception-sexual-health/contraception/long-acting-reversible-contraception>
- There are four long acting but REVERSIBLE contraception methods
 - intrauterine device (COIL)
 - intrauterine system (Mirena)
 - The Contraceptive injection
 - The Contraceptive implant.

Once any of these are in place, you don't have to think about contraception each day or time you have sex. See: www.icash.nhs.uk

Testing

We will give you the instructions, pots, envelopes – in fact everything you need for the testing after your procedure.

You need to do over 50 ejaculations over a period of 18 weeks to clear the down stream sperm out. We then need a sample of your ejaculation to send to the lab.

This needs to be a complete sample and put in the pot provided.

This with the form needs to have the date and time that you did the ejaculation on it.

This then needs to be posted in the envelope provided across the counter of your local Post Office before 10 am.

It should then get the morning post to Stockton where the laboratory is situated.

We will write to you, at the address you have given us, with the result.

So just to be clear.....

- Its effective but not perfect.
- It should be considered irreversible
- You may feel a little bruised afterwards.
- If you are worried after the procedure just give us a ring.
- You will still have “live” sperm in the downstream part of your vas, so you must continue to use contraception until you have the letter from us saying you are “Clear” – ie have no sperm in your sample.