

Having a vasectomy under local anaesthetic

Department of Urology

Information for patients

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What is a vasectomy?

This is an operation for men to stop them from having children forever. A vasectomy is difficult to reverse. You will need to be sure that this is right for you.

We do this under local anaesthetic. This means you will be awake but will not feel any pain. The surgeon will make a cut (or cuts) in your ball sack (scrotum). They will then cut and seal the tubes that carry the sperm. This will stop you from having children.

What are the possible risks?

As with all procedures, there are risks. These include:

- **Swelling** caused by bleeding into the scrotum. This swelling will go down when the fluid is absorbed back into the bloodstream.
- **Bruising and bleeding.** The scrotum may become quite bruised and sore. The bruising should start to go down after a few days.
- **Wound infection.** You may need treatment with antibiotics.
- **Failed full sterilisation:** You may need a further procedure to fix this.
- **Pain** in your testicles. This will often settle after a few days. In a small number of cases it can be a long-term problem.

You will have time to talk about all these risks with the doctors and nursing staff before you consent to your procedure.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Are there any other options?

There are other forms of contraception available. Possible other options are:

- using contraception such as condoms.
- the oral contraceptive pill (for females). Female sterilisation may also be an option.

Important information

Please read the following:

- If you are ill, or cannot keep your appointment for some other reason, please let us know as early as possible. Another patient may benefit from the cancellation of your appointment.
- If you feel worried or nervous and want to talk to someone, please ring the nurses on the Day Case Unit (Monday to Friday, 10am to 4.30pm):
 - Leicester General Hospital: **0116 258 4192** (Day Case 1) / **0116 258 8130** (Day Case 2)
 - Outside these hours contact Urology Emergency Admissions (24 hours a day, 7 days a week): **0116 258 4247**

What do I need to do before my procedure?

Read your admission letter carefully.

- Do not wear contact lenses.
- Do not wear any jewellery, except for a wedding ring.
- Do not bring any valuables with you into hospital. We do not accept responsibility for loss or damage to personal belongings.
- Do have a bath or shower before you come into hospital.
- Do wear comfortable clothing and supportive underwear to go home in.

You may need to wait in the unit before your procedure.

What do I need to bring with me?

Please bring:

- your appointment letter with you. The time written on your letter to arrive is not the time of your procedure. The surgeon needs to see you before the start of the list. You may need to wait 2 to 4 hours for your procedure.
- any drugs, medicines or inhalers you are using. Please take your usual medicines before your visit.
- a contact number for your lift home.
- a dressing gown and slippers, if you have them.
- something to do while you are waiting, like a book or magazine to read.

What will happen while I am on the Day Case Unit?

- Come to the Day Case Unit and report to reception. We will check your details. We will direct you to the ward or to the waiting room where a nurse will collect you.
- The nurse will talk to you about your procedure and ask you a few questions.
- A member of the surgical team will meet you. They will ask you to sign a consent form. If there is anything you are worried about or do not understand, please ask your surgeon before you sign the form.
- The nurse will tell you when to change into your theatre gown. They will then walk with you to the operating theatre.

What happens during the procedure?

The surgeon will inject local anaesthetic into your ball sac (scrotum) to make it numb. It may take a few minutes for it to work. The vasectomy will take about 30 minutes. The area will stay numb for a few hours afterwards.

What happens after my procedure?

A member of the staff will return you to the day ward. They will make sure you are comfortable. They will offer you refreshments. If you have any discomfort or sickness please let the staff know so that they can help you.

You will recover on the ward until your nurse is happy that you are well enough to go home. You will need to eat and drink before you can go home.

As this is a day case procedure patients normally go home on the same day. Sometimes some patients may need to stay in overnight. If your doctor or nurse feels you need to stay, they will explain why to you.

Caring for your wound

- We will use dissolvable stitches on your wound. This means they do not need to be removed. Your surgeon may also have put a dressing over your wound. Do not touch this for 48 hours (2 days).
- You should keep your wound dry for 48 hours (2 days).
- After 48 hours (2 days) you can bath or shower as normal. You can remove the dressing.
- After your bath or shower, gently rinse the wound with clean water. Do not rub the wound. Then carefully pat it dry with a clean towel. Wearing close-fitting underwear will help to support the wound.
- Always keep the wound clean and dry. Do not be tempted to touch or pick the stitches. It takes about 1 and 2 weeks to heal. Your stitches could take up to 4 weeks to dissolve.
- Bruising and slight redness around the wound is usual. It will not affect the healing. If you notice any increasing redness, swelling or discharge from the wound, you should contact the Day Case Unit for advice.

Pain control

You may have some pain after your procedure. You will need to buy some simple painkillers like paracetamol to help with this. Take them regularly for the first few days. Make sure to follow the instructions on the packet.

- Take painkillers when the pain starts. Do not wait for it to get really bad.
- Take painkillers before you go to sleep so you are able to rest.
- If your pain is very bad take the painkillers regularly so they keep your pain under control. This should be 4 times a day.
- Take painkillers when you wake up so they are working before you get out of bed.
- Painkillers can cause constipation. You should drink plenty of water and eat some high fibre foods such as fruit, vegetables and cereals.
- Everyone is different. Do not be surprised if you are still having some pain for 1 or 2 weeks. This is quite normal.

When can I return to normal activities?

- **Driving:** You must not drive for the rest of the day. You will not be covered by your car insurance. Do not drive until you can keep control of your car in an emergency. You should contact your insurance company if you are not sure.
- **Work:** The amount of time you need to be off work depends on your job. It will often be around 3 or 4 days. Please talk about this with your surgeon or nurse.
- **Physical activity:** Do not do too much too soon. It is usual to feel some aches and pains for a few days or even up to 2 weeks. Avoid strenuous activity, contact sports and heavy lifting for at least 2 weeks.
- **Holidays/ flying:** Flying too soon after a procedure can increase the chance of problems, such as blood clots (deep vein thrombosis). You may not be covered by your insurance. Please talk about this with your insurance company.
- **Sex:** You may resume your normal sexual activity as soon as you feel able. You must not rely on the vasectomy as contraception until you have provided 1 semen sample which has no sperm in it. Because of this, you must use another form of contraception until you have had confirmation that your semen sample is clear of sperm (see page 5).

Contact details

If you have any problems with the wounds, excessive swelling or bruising of the scrotum or you feel unwell or feverish, please contact the urology triage team on **0116 258 8293** (Monday to Friday, 9am to 5pm) or go to your nearest urgent care centre.



How will I know if the vasectomy has worked?

To check that the procedure has been successful, you will need to provide a semen sample 18 weeks after your vasectomy. This sample will then be tested to make sure it is clear of sperm.

We will give you a sheet called 'PVSA' before you go home. You must follow the instructions on it. It gives you important information about how to produce the specimen sample. It will tell you where and when to bring it in for testing.

Please note: as it takes a while for your system to become clear of sperm, you are advised to have ejaculated at least 20 times before providing the sample.

We will give you a specimen pot and a microbiology form before you leave the Day Case Unit. **18 weeks** after your vasectomy, produce a specimen of semen directly into the pot.

Check that:

- the pot is correctly labelled with your full name.
- the date and time of collection of the specimen are written on the form.

If you have any questions, write them down here to remind you what to ask when you speak to your nurse/ doctor:

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net