

# LAKE SHORE MEDICAL CENTRE



***VASECTOMY BOOKLET***

# ***COMMON QUESTIONS RE VASECTOMY***

Vasectomy is the only permanent method of male contraception. It is safe, effective and ideal for men who have completed their families or for those who do not want to have any children.

**However because it is a permanent procedure, vasectomy is not a decision to be taken lightly.**

This booklet aims to answer some common key questions about vasectomy, but do not be afraid to ask if there is anything else you want to know – we want you to feel totally confident in your decision. Please contact us at 091-841509 to discuss your decision.

## **What is vasectomy and how does it work?**

Vasectomy is the common name for male sterilisation – a permanent method of contraception. It is a simple surgical procedure that seals the sperm-carrying tubes (vas deferens) to prevent sperm from entering the fluid you ejaculate. The procedure just takes about 30 minutes. We use a ‘No Scalpel’ technique to achieve this. There is a lower complication and infection rate using this method.

## **Who chooses Vasectomy?**

Any man who decides that he definitely does not want to have any more children or any children at all. It is a permanent procedure, so you must be absolutely sure about your decision - you cannot change your mind afterwards. We therefore offer a consultation with counselling prior to the procedure taking place. It is possible to book the consultation and procedure on the same day or separately if you would like more time to consider. Ideally we like to see all patients prior to doing the procedure. We will not refuse anyone on the grounds of marital status, but do not generally perform vasectomy on men under 27 years old.

## **How will vasectomy affect my body?**

Your testicles will continue to produce sperm, but after the vasectomy procedure this cannot enter the tubes and is simply re-absorbed into the body. Vasectomy does not affect the production of male hormones. Orgasm and ejaculation are also not affected. The only difference when you ejaculate is that there is no sperm in the fluid – it will look the same.

# ***COMMON QUESTIONS RE VASECTOMY***

## **Will a vasectomy affect my sex life?**

With no change to your hormones, ejaculation or orgasm, there is no reason why a vasectomy should have a negative impact on your sex life. In fact, many couples find vasectomy improves their sex life – enjoying greater sexual freedom once they no longer have the worry of an unintended pregnancy.

## **How effective is a vasectomy?**

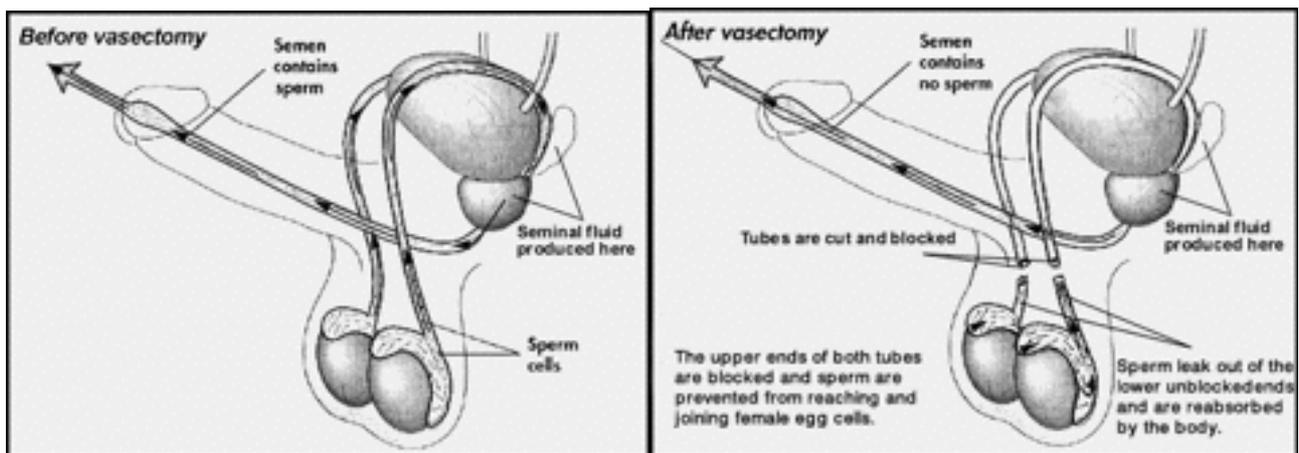
Vasectomy is probably the most effective method of contraception that exists; the failure rate is less than 1%.

**ALL PATIENTS MUST AWAIT WRITTEN CONFIRMATION OF A NEGATIVE SPERM ANALYSIS TO PROVE THE PROCEDURE HAS BEEN EFFECTIVE PRIOR TO STOPPING ALTERNATIVE CONTRACEPTION.**

The sperm-carrying tubes may join together again naturally, but this is rare. (1/5000) If this happens soon after the procedure, we will find out when we test for sperm. We will offer to repeat the vasectomy at no cost to ensure it is successful. Very occasionally, the tubes will rejoin years after the procedure. You will have no way of knowing if this has happened, but if your partner falls unexpectedly pregnant following your vasectomy, we will be able to offer advice and help.

## How is a vasectomy performed?

A fast acting local anaesthetic is given before the procedure, which numbs the area. We cannot guarantee that you will feel no discomfort as each person reacts differently, but any discomfort can be relieved with pain-killers. During the procedure the vas is manipulated to the front of the scrotum and specialised equipment is used to secure it, externalise it and treat it. This is done with minimal damage to the surrounding structures. When completed both vas are no longer a continuous tube and unable to transmit sperm in the ejaculate once it is clear. It can take at least 4 months and 25 ejaculations for this to occur.



## **What are the risks of vasectomy?**

Vasectomy is a very common and safe procedure and long-term complications are very rare. However you need to be aware that, as with any surgery there are certain risks involved.

### **•Infection**

The risk is small, but can be easily treated with antibiotics.

### **•Swelling/ bruising**

It is common to experience a little swelling or bruising which can be relieved with painkillers and an ice pack. A small, pea-sized lump may develop around the wound and last for a while. This is your body's natural reaction to the healing process and usually needs no special treatment. Your post operative rest plays a significant part in the likelihood of bleeding and swelling. The risk is greatly diminished if you adhere to the post operative instructions you are given.

### **• Bleeding**

A small amount of bleeding is not uncommon. This may form a swelling called a haematoma, particularly if you have been undergoing physical activity.

A haematoma can be painful but subsides over time. In rare cases further treatment may be indicated.

### **•Post-operative pain**

A very small number of men have been known to experience testicular pain for several years following a vasectomy.

### **• Failure:**

Although extremely rare, failure can occur. It is therefore essential to continue other forms of contraception until the semen analysis result is confirmed clear in writing.

### **Does vasectomy increase the risk of cancer?**

There is no firm evidence linking vasectomy to cancer of the prostate or testicles. However we advise all men, whether or not they have had a vasectomy, to undergo regular health screening. It is also important to get into the habit of regularly checking your own testicles for lumps.

### **Are there alternatives for men?**

There are very few methods of contraception for men, either vasectomy or condoms. If you have doubts over whether or not you will want to have children in the future, you should choose another method instead of male or female sterilisation.

### **Is my medical history important?**

We need to know if you have had any previous surgery on your testicles or a hernia repair. Scar tissue from these procedures can make vasectomy a little more complicated. Please also tell us of any other significant conditions such as chest or heart problems or hepatitis. It should not affect your procedure, but it is important for your safety that we are aware of such problems. The doctor will examine you prior to the procedure and should he/ she anticipate any problems, your procedure may be postponed to a later date.

### **Does the Vasectomy work straight away?**

No. Because there will be some sperm left in your tubes, you will still need to use another method of contraception for a few months until the tubes have cleared.



## **PRE VASECTOMY CHECKLIST**

- **SHAVE THE SCROTAL AREA-This assists in the procedure itself.**
- **Wear briefs as opposed to boxers. This assists in scrotal support post the procedure and aides recovery.**
- **Arrange a driver to collect you after your procedure.-you will be given a relaxant to assist in the procedure.**
- **Make sure your calendar is clear of heavy lifting or physical activity for at least 48 hours post the procedure.**
- **Follow the post operative instructions you are given on the day of the procedure.**
- **Arrive 15 mins prior to your appointment time.**

### **How much does the procedure cost?**

- We charge a fee of 425 *EURO* for the full pre-counselling discussion and assesment, procedure and post-operative follow up including semen analysis.



**LAKESHORE MEDICAL CENTRE-VASECTOMY CONSENT FORM**

I .....(Patient Name) DOB .....  
consent to undergo the operation of No Scalpel Vasectomy under local anaesthetic, the nature and purpose of which has been explained to me by Dr Derek Gallagher. I confirm I have read and understood the leaflet and instruction sheet supplied by Lakeshore Medical Centre.

**I have been told that the intention of the operation is to render me permanently sterile but that there is a low failure rate.**

I understand that I must supply a semen sample at 16 weeks after the procedure to confirm my sterility. Until this has been confirmed by letter, my partner and I must continue to use an alternative method of contraception.

I have been warned that the operation has a low complication rate and that any complication is usually due to infection, formation of a blood clot or scar tissue. Also cases of persistent scrotal discomfort after vasectomy have been reported but most are mild and clear up without further treatment.

Date .....Signed ..... (Patient)

Signed ..... (Wife/Partner-if applicable)

**Statement of Health Professional**

I confirm that I have explained to the patient the nature and purposes of this operation.

Date ..... Signed ..... **DR D GALLAGHER**

**LAKESHORE**  
MEDICAL CENTRE



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