

# **Vasectomy and Male Infertility Center of Connecticut**

## **Instructions for Vasectomy**

### **IN PREPARATION FOR YOUR VASECTOMY:**

1. Prepare for your appointment by arranging your schedule to accommodate two of days of rest followed by 5-7 days of light activity after your vasectomy.
2. Be sure to have read, understood and signed the “**Consent Form**”
3. Do not take aspirin, ibuprofen (Motrin), or naproxen (Aleve) for 7 days prior to the appointment. If minor pain medicine is needed please use acetaminophen (Tylenol).
4. Shave the front of the testicle area (scrotum) below the penis the at least **two days prior** to your appointment (antiseptic may sting when applied to freshly shaven skin).
5. Wear a clean jock strap or sport compression shorts to the appointment.
6. Bring your payment or insurance card and co-payment.
7. Request a referral from your doctor if insurance requires you to.
8. Arrange a ride home.

### **FOLLOWING YOUR VASECTOMY:**

1. Continue using birth control! The vasectomy will not work for approximately 3-4 months. You must have a semen analysis that shows no sperm prior to having unprotected intercourse.
2. Go home and rest with your feet up for 48 hours.
3. Ice is recommended to reduce pain or swelling for the first 24-48 hours.
4. If pain medication is needed in the first 24-48 hours acetaminophen (Tylenol) or the pain medicine prescribed by Dr. Matson is recommended.
5. You may start using ibuprofen (also known as Motrin and Advil) 24-48 hours after surgery and will likely replace the prescribed pain medication (400-600mg every 6 hours with meals).
6. You may shower on the second day following the vasectomy.
7. Following the period of rest, you may return to work but avoid heavy lifting, exercise and intercourse for an additional 5-10 days depending on how you feel.
8. Be aware that about 10% of men experience blood in the ejaculate in the month following vasectomy. This will pass on its own as the vasectomy heals and requires no treatment.
9. Call Dr Matson if you have questions.

### **SEMEN ANALYSIS COLLECTION INSTRUCTIONS:**

10. Wait at least 3 months from the date of your procedure.
11. You may collect the sample at home, however be sure to **label the container with your name and date of collection.**
12. Bring the order form and the sample directly to the lab after collection (Quest Labs – <http://questdiagnostics.com> or Clinical Lab Partners – <http://clinicallabpartners.com> ).
13. Post vasectomy semen analysis is different than a “complete” semen analysis and is performed at all Quest and Clinical Lab Partner locations. To prevent lost or mishandled specimens, be sure to check in and personally hand the specimen to the laboratory agent.
14. If you do not hear back from our office within 1 week, please call (860)430-5773 for results.