



VASECTOMY CENTER OF CONNECTICUT INSTRUCTIONS

IN PREPARATION FOR YOUR VASECTOMY:

1. Prepare for your appointment by arranging your schedule to accommodate a couple of days of rest followed by 5-7 days of light activity after your vasectomy.
2. Download, read and sign the
 - a. “**Consent Form**”, and the
 - b. “**Permissions/Release/Assignment/Notices Form**”.Bring them with you to the appointment.
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 *two days prior* to your appointment (antiseptic may sting when applied to freshly shaven skin).
5. Buy and wear a new athletic supporter 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. Dr. Matson recommends that you contact your insurer to understand your coverage. Most companies cover vasectomy, but not all. Be sure you know if vasectomy is a covered service, and whether you have a deductible, co-insurance, or co-pay. Vasectomy is CPT code 55250 and is billed as “in-office”.
9. If possible, 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 24-48 hours.
3. If you are experiencing pain or swelling you may use an ice to reduce these symptoms.
4. You may shower on the second day following the vasectomy.
5. Following the 24-48 hours of rest you may return to work but avoid heavy lifting, exercise and intercourse for an additional 5-7 days depending on how you feel. The athletic supporter will likely ease post-operative discomfort as you increase your activity. After 48 hours it is recommended that you begin taking ibuprofen for discomfort (400-600mg with meals) for about 5-7 days.
6. Contact Dr Matson if you have questions.

POST-VASECTOMY SEMEN ANALYSIS COLLECTION INSTRUCTIONS:

1. Bring your semen sample to Quest Labs (<http://www.questdiagnostics.com>) or Clinical Lab Partners (<http://www.clinicallabpartners.com>) three months after the vasectomy. United Healthcare and Oxford do not use Quest Labs, so if you have insurance with them please bring the sample to Clinical Lab.
2. You may do the collection at home, but be sure to label the container with *your name* and *date of collection*.
3. Bring it straight to the lab without long delay.
4. Dr. Matson will notify you of the results by phone. If you do not hear back after one week, please call for results.