

After your vasectomy

This leaflet has been written for you by staff within the surgical directorate. We hope it answers some of the questions you may have.

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Information for patients

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Chelsea and Westminster Hospital 
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After your vasectomy

It is important that you wait in the unit until your nurse says you are ready to go home.

This procedure is usually done under local anaesthetic (the area is numbed and you remain awake). However, in the unlikely event that you have had a general anaesthetic (the procedure is carried out while you are asleep), your concentration and co-ordination may be impaired and you may feel light-headed or faint.

This is due to the anaesthetic drugs which remain in your body for up to 24 hours. It is for these reasons that for 24 hours after your operation you must:

- **not** drive a car or ride a bicycle
- **not** operate machinery
- **be more careful** of electrical appliances
- **avoid** alcohol and sleeping tablets
- **not** make important decisions or sign legal documents

At home

Pain

You have been given some pain-relieving tablets to take home with you, which you should take according to the instructions on the container.

Antibiotics

Very rarely you may experience pain and discharge due to infection 4–5 days after the operation. This may need to be treated with antibiotics. Please seek advice from us or from your GP.

Rest

When you get home after your operation, either go to bed or lie quietly on a settee for the rest of the day.

Wound care

Your wound has been closed using dissolving stitches. These will dissolve of their own accord. However, if you are concerned, contact your GP.

You may take a shower daily starting the day after your operation, but avoid soaking in the bath for 48 hours. After that, a warm bath is soothing and helpful.

It is important that your wound is kept clean and that you dry yourself thoroughly after bathing.

You may notice some bruising around your operation site. This bruising should fade away in 2–3 days.

You should wear close fitting underpants—not boxer shorts—to give you a little support and make you comfortable.

Work

You can go back to work the day after your operation if you feel little or no discomfort, but try to spend as little time standing as possible.

Most people find it more comfortable to spend the next day at home.

Sports

You should avoid any sport for 3–4 days, and energetic or contact sport for 1–2 weeks.

Driving

You can drive after 24 hours if you feel comfortable enough.

Sex

You should wait a minimum of 10 days after your vasectomy before resuming sexual activity.

Things to remember

Before you can be considered infertile (unable to father a child), you should have a negative semen test.

Before you are discharged home, you will be given a specimen bottle and form. Please take the specimen to the following location:

Andrology Laboratory

Hammersmith Hospital
FR 30 Area C South Corridor
Du Cane Road, London W12 OHS

The laboratory is open for samples 9–11am Monday to Friday excluding Bank Holidays.

Semen analysis

10 weeks after your operation you will need to provide a semen sample. However, you will need to have ejaculated a minimum of 20 times over the course of the 10 weeks to ensure an accurate result. The result of this test will determine whether further testing is required.

Results can be obtained from Caroline Websdale (Urology Nurse Practitioner) 1 week after you have left your sample at the laboratory. At this time the result of your test will be explained including the criteria used to determine whether a second test is required.

Until you have the results of your semen analysis, you should continue to use alternative forms of contraception.

Caroline can be contacted on 020 8237 5348 or via the switchboard 020 8746 8000—please ask for Caroline to be paged on 0416.

Sample collection

Refrain from any sexual activity for 2 to 3 days to produce a standardised sample.

The semen sample should be collected by masturbation (manual stimulation) directly into the pot provided with the lid removed for as short time as possible.

Take the sample to the laboratory within 30 minutes with your name, date and time of collection clearly written on the sample pot and ensure you take the form provided with it to the laboratory.

If you are unable to deliver the sample to the laboratory within 30 minutes of production, a private room is available at the hospital adjacent to the laboratory and should be used.

More information

If you have any concerns that have not been addressed in this leaflet, please contact the Urology Nurse or Urologist.