STOP ALL BLOOD THINNING PRODUCTS 7 DAYS PRIOR TO YOUR VASECTOMY (see list below)

<table>
<thead>
<tr>
<th>Goody Powders</th>
<th>Stanback</th>
<th>Motrin</th>
<th>Arthritis Medications</th>
<th>BC Powder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excedrin</td>
<td>Ibuprofen</td>
<td>Aspirin/Baby Aspirin</td>
<td>Alka Seltzer</td>
<td>Advil</td>
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<tr>
<td>Aleve</td>
<td>Feverfew</td>
<td>Garlic</td>
<td>Asian Ginseng</td>
<td>Fish Oil/Flaxseed</td>
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<tr>
<td>Ginger</td>
<td>Ginko</td>
<td>Vitamin E</td>
<td>Aggrenox</td>
<td>ReoPro</td>
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<tr>
<td>Plavix</td>
<td>Warfarin</td>
<td>Jantoven</td>
<td>Coumadin</td>
<td>Persantine</td>
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<tr>
<td>Aggrastat</td>
<td>Ticlid</td>
<td>Pradaxa</td>
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Please ask your physician when to re-start your medication following your procedure.

There are many reasons that people choose a vasectomy as a means of birth control. Many feel that it is the safest method of birth control and the following statistics will help you in evaluating that. Careful study and comparison of the various methods has found big differences in their effectiveness. For each one hundred couples that use the different methods, four become pregnant using “the pill”, eight using the intrauterine device, ten using the condom, seventeen using the diaphragm, twenty-one using the rhythm method, twenty-two using foam, and forty using the douche. However, the risk of pregnancy after vasectomy is only one out of 1,000 to 2,000 men. Tubal ligation in the female fails in one out of 500 women.

A vasectomy is felt to be a safe, simple procedure. It is a minor operation and may be performed in less than twenty minutes through small incisions in the scrotal wall under a local anesthetic. It is done in the doctor’s office without marked loss of time from work. There is no good scientific proof that vasectomy is associated with any significant long-term side effects. The first vasectomy was performed in the United States in 1899. Millions have been performed since that time. Were there any significant side effects, they would likely be well known by now.

Vasectomy is a procedure that interrupts the tubes that deliver the sperm so that the sperm can no longer get into the semen. The procedure is a permanent method of birth control. If your objective is merely to space pregnancies, or you have the slightest reason to believe you may wish to have additional children in the future, then vasectomy will not suit your purposes and should not be considered. Successful surgical reversal procedures to reconnect the vas can be performed, but only with modest success rates, and significant financial costs to the patient.

A vasectomy has no effect whatsoever on sexual function or “nature”. Hormones produced by the testicles do not enter the body through the tubes that are interrupted, but through blood vessels. These are not influenced in any way; therefore hormone production is not affected by this procedure.

What are the possible complications of vasectomy? As previously said, this is a surgical procedure, and subject to the risks associated with any surgery. The most common problems are very minor. The skin of the scrotum, and possibly of the penis, may swell and/or turn somewhat black and blue. This is not painful and lasts only a few days and disappears without treatment. This is due to mild bleeding into the scrotum itself. More significant bleeding or swelling is rare and should be promptly reported to us. The incidence of infection fortunately is extremely low. Excessive pain, swelling, redness, or drainage should also be promptly reported to us. A small, tender knot or bump may form at the site of clamping off the tube in the scrotum. The tenderness usually goes away within a week; the bump may persist, but should not be bothersome or painful.

On the day of your appointment for your vasectomy, please bring with you a snug pair of underwear. It is most essential that you go directly home after having your procedure, lie down and use an icepack on the outside of your underwear. Keep the ice on for at least three hours or until going to bed that night. For the rest of that day and night, do nothing except read or watch television, etc. The next day you can do as you wish, including taking a shower, but you should not have intercourse for 3 days, and for one week you should not engage in any sports, running, or heavy lifting. For 5-7 days, wearing the snug underwear and soaking in a warm tub of water once or twice daily will help keep the pain and tenderness to a minimum. Within a week, you should be able to do just about what you would like.
Because there are many sperm in the tube beyond the point where the tube is interrupted, you are not sterile immediately after the procedure. These sperm can live as long as six months and some have been detected beyond this length of time. The length of time it takes to clear out the sperm will depend on the frequency of ejaculation and how many sperm were present at the time of the operation. It will help to speed up the process if you have intercourse and an ejaculation the night before your procedure as well as fairly frequently (2-3 times a week) after the healing has taken place.

This operation may fail to make you infertile. It is essential that you continue to use whatever means of birth control you previously used until this office notifies you that your specimen is clear. Three months after your vasectomy, you will be required to bring back a semen specimen to check for sperm. If multiple live sperm are present, a very rare occurrence (1-2%), we will offer a repeat vasectomy at no charge. Unless you are told that this specimen is clear, you cannot consider yourself sterile. If a few non-motile sperm are seen, you will be asked to submit a second semen specimen one month later and usually this will be clear. A vasectomy can even fail after you have had your check-up and been told you are clear. Fortunately, this is an extremely rare occurrence—-one in two thousand.

INSTRUCTIONS AFTER YOUR VASECTOMY

1. **BRING A SNUG PAIR OF UNDERWEAR WITH YOU ON THE DAY OF YOUR VASECTOMY** and wear them for seven days afterward when you are on your feet.
2. After you return home, apply an ice pack to the scrotum for at least 3 hours or until bedtime. You may bathe as usual starting tomorrow; soaking in warm water twice daily is helpful for a few days.
3. Activity for the first 5-7 days should be limited (no running, lifting, or straining). **NO INTERCOURSE FOR 72 HOURS PLEASE**
4. If marked swelling, redness, or severe pain occurs, please call the office.
5. A slight amount of drainage from the wound is expected and not unusual. If it is excessive or thick and yellow, please call the office.
6. If you have persistent pain, tenderness or swelling after 10 days, please call the office.

SEmen COLLECTION INSTRUCTIONS

1. You must bring in your semen specimen on your appointment date in 3 months. Samples brought in without an appointment will not be accepted, but discarded.
2. The preferred method to collect a semen specimen is by masturbation, and collect all of the ejaculate in the sterile container provided to you.
3. The specimen must be received in our lab within one hour of collection.
4. Using the labels provided to you, label the specimen with your first and last name, and the date and the time it was collected.
5. You do not need to check in at the front desk unless you want to collect the specimen here in our office. Simply bring your specimen directly to our laboratory and notify the lab tech that you are dropping off a specimen. You will be given a form to drop off at the front desk on your way out, and a card with our number to call back for your results.
   If you wish to collect your specimen here, your appointment must be scheduled before 4:00 PM, and the specimen must be in the lab by 4:15 PM.
6. For your results, you can call our office after 12:00 @ 828.322.4340 ext. 3040 (starting the day following your appt)

You will be required to obtain a clear specimen 3 months after your vasectomy in order to ensure your sterility.

***CONTINUE TO USE SOME FORM OF BIRTH CONTROL UNTIL WE HAVE NOTIFIED YOU THAT YOU ARE CLEAR***