

**THE MOST IMPORTANT
THING WE DO IS PROVIDE
THE BEST HEALTHCARE
AND MEDICAL SERVICES
FOR OUR PATIENTS
IN A CARING AND TIMELY WAY**

For any further
information on your
appointment or our services,
please call our booking office
number on

0113 249 4655

or email us on

email@livingcare.co.uk

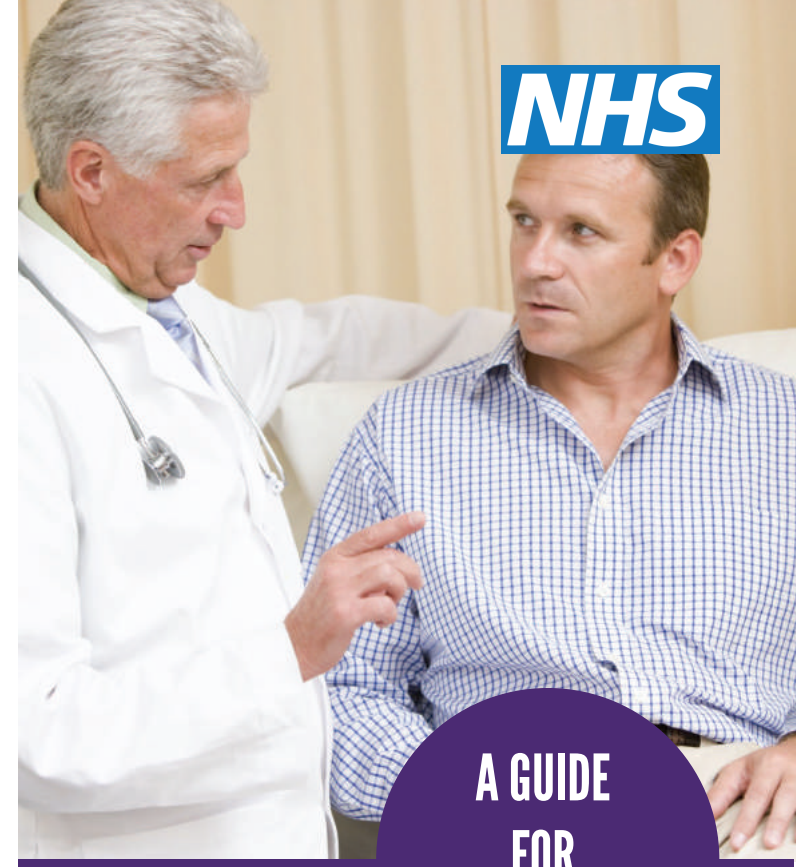
where our friendly and
efficient staff will do
their very best
to assist you



**YOU CAN FIND ALL INDIVIDUAL CLINIC MAPS,
DIRECTIONS AND BUS ROUTES ON
WWW.LIVINGCARE.CO.UK
UNDER 'PATIENTS'**



LivingCare is the trading name for Fountain Diagnostic Limited and Leodis Care Limited. Fountain Diagnostic Limited whose registered office is at 96 Marsh Lane, Leeds LS9 8SR and registered number is 05814528. Leodis Care Limited whose registered office is at 5-7 East Park Road Leeds LS9 9JD and registered number is 06442564



**A GUIDE
FOR
PATIENTS**

VASECTOMY

YOUR APPOINTMENT AT LIVINGCARE.



VASECTOMY

PATIENT INFORMATION.

A vasectomy is a permanent method of male sterilisation. Sperm, produced in the testes, travel along tubes called the vas deferens. A vasectomy takes a piece out of each vas deferens so that sperm are no longer able to join the fluid that is emitted during ejaculation.

PREPARING FOR YOUR VASECTOMY.

Have a shower or bath the night before or morning of your operation. You will need to shave the pubic area including the scrotum (testicles). Eat and drink normally. Please bring a dressing gown with you.

The nurse or doctor will talk to you about the procedure and you will have a chance to ask any questions you may have, then you will then be required to sign a consent form.

DURING THE OPERATION.

The skin of the scrotum is numbed with a local anaesthetic to prevent any pain. Small incisions are made on each side of the scrotum through which the surgeon can reach the vas deferens tubes. Each tube is cut and a small section removed, then the ends are sealed. The incisions are then stitched. The operation will take between 15 and 30 minutes. The stitches will dissolve and will not need to be removed.

AFTER THE OPERATION.

You should not drive and need to make arrangements for a lift home. You will need painkillers after the procedure and should take them over the next few days. Do not take more than the instructions on the packet recommends.

You should wear tight fitting underpants the first night after your operation and then during the daytime for 7-10 days. You may bathe the day after your vasectomy; preferably have a shower.

You may need to take a couple of days off work, and should not do any heavy lifting for 10 days after the operation.

You can have sex once you feel comfortable, but remember that you will need to use contraception until told that it is safe to stop by your doctor.

Avoid sport or exercise for 10 days.

SIDE EFFECTS.

A small amount of bruising may develop around the wound, which should clear up and disappear completely.

Some men may develop an infection. A weeping or abnormally smelling wound might mean that you have an infection. If you suspect this, you should make an appointment to see your GP as you may need to take antibiotics.

Scrotal pain is a late complication of a vasectomy which may be experienced several years after the operation. In the majority of men this is not a problem, being either very mild or lasting only a very short time. Chronic pain- that causes pain during sex, especially ejaculation, or pain that lasts for more than 3 months- is less common, but can generally be controlled with painkillers.

IMPORTANT INFORMATION.

The aim of this operation is to make you sterile. The NHS does not offer to reverse vasectomies. If you are in doubt about whether you might want to have children in the future then you should not have a vasectomy.

You must carry on using contraception following your vasectomy. It takes time for the sperm already within the vas deferens to be cleared following a vasectomy.

Sperm testing will be performed to confirm that vasectomy has been a success. It can take up to 18 months to clear sperm but three quarters of men are sperm-free after 3 months.

Vasectomies can fail. One in ten men that have produced one sample with no sperm will also have a second sample with sperm present. For this reason it is important that you provide two samples for testing. The risk of fathering a child are very low once you have been told that both samples are clear.

1 in 2,000 men who have had a vasectomy will father a child in the future, even though the sperm test is clear.

**MISSED PATIENT APPOINTMENTS
ARE COSTING THE NHS
A HUGE 7 BILLION POUNDS
PER YEAR!**

If you are unable to make your appointment - please contact us on **0113 249 4655** or text **07713 198617** and we will happily rearrange or cancel for you.

