



VASECTOMY

Post operative care

- Keep the scrotum dry for 48 hours.
- Paracetamol and/or codeine are the only painkillers you should take, if necessary.
- Do not use aspirin (disprin) or ibuprofen (nurofen) as these may aggravate bruising.
- Wear tight fitting underwear day and night for 7 days.
- Exercise and sexual intercourse may be resumed as soon as you feel comfortable.

Sperm Tests

- Sperm test at 16 weeks must be all clear for the operation to be considered successful.
- You will be given date to do your test. Do not do the test before the date given.
- By the time you do the first test you should have had at least 30 ejaculations (approximately 2 per week).
- The specimen should be collected by masturbating directly into the labelled container and posted as instructed.
- Most men clear sperm from the semen by 16 weeks. However, the time taken does vary and do not worry if you are asked to do additional tests.
- You will be contacted after your specimen has been examined.
- You must use effective contraception until you receive the results of your test. The re-appearance of sperm in the semen has been reported, but most men remain sterile after sperm test at 16 weeks.

Test date (not before):

____/____/____

**PLEASE LABEL BOTH THE SAMPLE BOTTLE AND
ACCOMPANYING FORM CORRECTLY WITH TIME AND DATE OF
SPECIMEN OTHERWISE IT WILL BE DISCARDED.**