



Information and consent form for Vasectomy

Surname: _____

Forename: _____

Date of Birth: _____

What is a vasectomy?

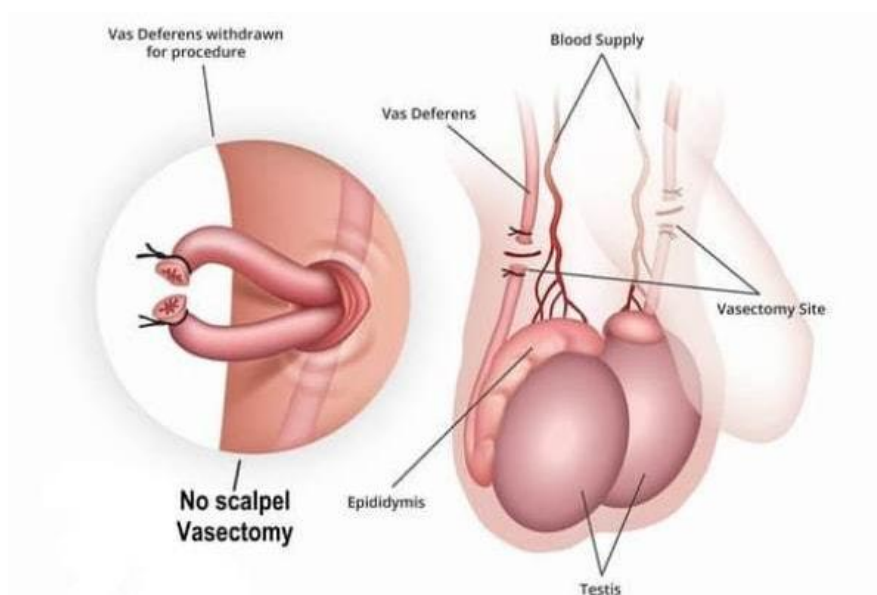
Vasectomy is a surgical procedure where the tubes that transport the sperm is cut. After the operation, the man will not be able make a woman pregnant anymore.

How is the procedure done?

The procedure can be done in theatre under local infiltration with a numbing agent or it can be done under general anaesthesia (you will be asleep).

1. Your scrotum will be cleaned and shaved.
2. Small incision will be made in the scrotum.
3. The two tubes are pulled through the incision and will be cut.
4. The incision is closed with a suture or glue and a dressing/plaster is applied.

Some surgeons do a no-scalpel vasectomy where the skin is spread open with a special instrument and the tubes are located and cut.



After the procedure, your urologist will supply you with a tight pair of underpants called a scrotal support. This will help reduce the swelling and discomfort. Wear the scrotal support for the first 2 days for most of the day. If it is too tight, take it off.

Why is the procedure done?

Vasectomy is a form of birth control that will make the man sterile. It is not a good choice of birth control if you still want kids or if you are not 100% sure if you want more kids.

A vasectomy is good choice of birth control for a man who:

- Is in a relationship and both partners have agreed they do not want any more children.
- Is in a relationship and pregnancy will be a health risk for the woman because of health problems.
- Is in a relationship and one or both partners have a genetic disorder that they do not want to pass on.

Vasectomy may not be a good choice for a man:

- Who is in a relationship and have not decided if they want children.
- Who is in an unstable relationship.
- Whose wife is currently pregnant.
- Who is single when deciding to have the vasectomy.

Risks of the procedure?

The most common risks of the procedure are bleeding and infection. Bleeding - you will see massive swelling of the scrotum and blue discoloration or bleeding from the wound. If you get infection the scrotum will be red and swollen and tender and warm. If any of this happens you will have to come back to your urologist so that it can be treated.

1-2% of patients will develop post-vasectomy pain syndrome. There are various ways of treating the pain associated with post-vasectomy pain syndrome.

Before the procedure:

Inform your urologist about any chronic medication you are taking. You might have to stop any blood thinning medication that you are on (Aspirin, Warfarin, Clopidogrel).

You will report to the hospital reception on the morning of your surgery. The anaesthetist will see you before the time.

After the procedure:

The doctor will apply a dressing and a scrotal support. Keep the wound dry for the first 4 days.

Wear the scrotal support for the first 2 days after the surgery, for the most of those days. If it feels too tight please remove it.

Ask for a medical certificate if you need to be booked off from work. You are allowed 2 days sick leave after this procedure.

Stop any exercise, like running or cycling, for a period of 2 weeks after the procedure.

You are not allowed to ejaculate in the first week after the procedure.

Please use alternative means of contraception (birth control) for 3 months after the procedure. In that 3 months you must ejaculate at least 20 times.

After the 3 months **AND** 20 ejaculations you must do a test at the laboratory to check for any sperm in your ejaculate. You have to arrange the test with the laboratory before the time. Phone your urologist's rooms to get the contact details.

- If there is no sperm in the ejaculate – you can stop using the contraception.

- If there is sperm but they are not swimming, you will have to repeat the test after 3 months.
- If there is sperm in your ejaculate and they are swimming, you will need to have a vasectomy again. Then the tubes realigned.

Important facts:

- A vasectomy does not affect a man's ability to have sex or to get an orgasm or to ejaculate.
- A vasectomy does not prevent the spread of sexually transmitted infections like HIV.
- A vasectomy does not increase your risk of prostate cancer or testicular cancer.

Declaration by Doctor

- I declare that I have explained the nature and consequences of the operation to be performed and discussed the risks that particularly concern the patient.
- I have given the patient an opportunity to ask questions and I have answered these.

Doctor's signature: _____

Doctor's name: _____

Date: _____

Declaration by patient

- I acknowledge the surgeon has informed me about the procedure, alternative treatments and answered my specific queries and concerns about this matter.

Signature of patient: _____ Date: _____

Interpreter's declaration - where needed

I confirm I have accurately interpreted the contents of this form and the related conversations between the patient and the doctor.

Interpreter's signature: _____ Date: _____