

TREATMENT CENTRE

Please follow the fasting instructions in your appointment letter

Please bring this information leaflet on the day of your operation

On the day of your operation, please bring:

- ✓ THIS INFORMATION PACK
- ✓ Dressing gown and slippers
- ✓ Contact telephone number for a lift home
- ✓ Something to read or to pass the time
- ✓ All medication in original containers

Please do not:

- ✗ Bring any valuables
- ✗ Wear face make-up or lipstick
- ✗ Wear **any** nail varnish or false nails
- ✗ Wear jewellery
- ✗ Chew gum on the morning of your operation

If you have any worries or queries prior to your procedure please contact:

Pre-assessment on 01536 492867

Monday to Friday 9am to noon

Day Case Ward on 01536 493680

Monday to Friday 8am to 5 pm

Geddington Ward 01536 491313

Monday to Friday 24 hours and
Saturday mornings

Information checked and adjusted by:

Date:

Information for patients



KGH is a non-smoking environment

If you wish to make any comments or require a copy of this information in another format or language, please contact the PALS Office:
Telephone 01536 493305 or email : PALS@kgh.nhs.uk

INSTRUCTIONS FOR PATIENTS

WHO HAVE HAD A GENERAL ANAESTHETIC

Anaesthetic drugs may remain in the body for 24 hours gradually wearing off over this time. During the 24 hours following your anaesthetic you are under the influence of these drugs, therefore it is very important to follow these instructions:

1. **You must be taken home in a car or taxi. You must be accompanied by a responsible adult (18 years or over) who will stay with you all the time for 24 hours following surgery.**
2. Do not operate machinery and avoid using appliances such as cookers and kettles.
3. Avoid alcohol.
4. Smoking may cause you to feel sick and dizzy.
5. It is advisable **not** to lock the bathroom or toilet door, or to make yourself inaccessible to the person looking after you in any other way.
6. Drink plenty of fluids (at least 2 litres per day) and avoid heavy or greasy foods. You may return to your normal diet gradually as you feel able.
7. Do not make important decisions, or sign important documents.
8. Take things easy the day after your operation and do not work with machinery or take strenuous exercise.
9. You should not be caring for young children alone.
10. Do not drive a car or any other vehicle, including bicycles, for **2 days**.

Some people may be slightly nauseated, tired or light-headed following a general anaesthetic, but this should wear off after a few days.

General Anaesthetic	Vasectomy
Reference: British Association of Day Surgery	Reference : listed on page 5
Author: Karen Judge, ward sister, DCU, Sept 2000	Author: Karen Judge, ward sister, DCU, Jan 2002
Approved by: Dr J Luthman, consultant anaesthetist	Approved by: Mr Davison, consultant urologist
Reviewed by Karen Judge, June & Oct 2002, Apr 2004, June & Sept 2005, June 2006 & March & Aug 2007, Jan 2008	Reviewed by: Karen Judge, & urology oncology nurse Oct 2002, Apr 2003 and by Karen Judge Oct 2004, June, Sept & Nov 2005 & March & Aug 2007: TCIT Nov 2005 & Apr 2006 & Aug 2007
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OPERATION: VASECTOMY

WHAT IS A VASECTOMY?

You have been referred for a vasectomy with the intention of making you sterile. You must be sure that you do not wish to father children again. The decision to have a vasectomy should be considered as final and irreversible. It is advisable that your partner also reads this leaflet.

A vasectomy is an operation that involves removing a small portion of both tubes (Vas) draining sperm from the testicles. The ends of the tubes are tied off.

The operation is done either with a single cut in the centre of the scrotum, or one cut on either side of the scrotum.

ALTERNATIVE OPTIONS FOR TREATMENT

Any suitable alternative treatment should have been discussed with you at your outpatient appointment. If this was not the case, please do not hesitate to ask for further information.

PREPARATION REQUIRED BEFORE SURGERY

On the day of your operation it would be helpful if you could shave all around your scrotum and have a bath or shower. The nurse looking after you will check your shave before the operation.

Please bring with you a dressing gown and a pair of tight fitting underpants or swimming trunks to wear after the procedure.

If you are having your vasectomy carried out under a local anaesthetic, you are advised to have something to eat and drink in the 2 hours prior to the operation.

If you are having a **general anaesthetic**, you will need to follow the instructions about fasting sent by the hospital. You will be seen by the anaesthetist (a doctor who sends you off to sleep and helps with pain control), who will ask you some questions about your general health.

WHAT WILL HAPPEN WHEN YOU ARRIVE ON THE UNIT?

The surgeon will see you on the ward and take your written consent and answer any questions you may have.

FOLLOWING SURGERY

The local anaesthetic injection that every patient is given should keep you comfortable for a few hours. However, if you experience any pain or discomfort please inform the nurse who will be able to offer you some painkillers.

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GOING HOME

You must be taken home in a car or taxi and not drive until all discomfort has settled. As you will have had a general anaesthetic, you must also be accompanied by a responsible adult (18 years or over) who will stay with you all the time for 24 hours following surgery

It is anticipated that your length of stay will be approximately half a day. Please ensure that your lift/carer is able to collect you promptly when you are ready as you need to rest and your recovery will be more comfortable at home.

Please give the 'Carer's Leaflet' with the map on to your lift/carer.

WHAT ARE THE RISKS?

There is a very small risk of the tubes re-uniting and you becoming fertile again. This is usually detected in the first few months, and is called early failure. It is detected by the sperm counts. In one in 2,000 patients the tubes can re-unite some years later (late failure).

The scrotum may become swollen and painful. This usually occurs in the first 6-12 hours after the operation. In order to reduce this risk, we would recommend that you rest with your feet up, as much as possible for a couple of days after surgery. This is most important on the night of the operation.

A haematoma (bruise under the skin) can occur in 2% of patients.

A little ooze of blood from the cuts is also common. If bleeding does continue, it is recommended that you seek medical advice.

There is a risk that the scrotum could become infected. The risk of this occurring is cited as being, on average 3.4%, although some reports state rates from 12-38%. If the wound becomes red, hot to the touch, painful or swollen. You must seek medical advice.

Chronic testicular pain can occur one in 1,000 patients.

Risks related to a general anaesthetic are summarised in the leaflet "You and your anaesthetic".

WHAT ARE THE BENEFITS?

The benefit in having a vasectomy performed is that it should be considered a permanent form of contraception.

POST SURGERY INSTRUCTIONS

- You may experience some pain and discomfort. It is advisable that you rest and take painkillers, such as paracetamol. Do not exceed the recommended dose as written on the packet.

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- Swelling and bruising may occur after your operation. Resting with your feet up and wearing a scrotal support or tight fitting underpants can reduce this. **The more you stand, the more swollen you will become.**
- If any bleeding does occur, you should apply firm pressure to the area with a clean cloth or dressing for 10 minutes and seek medical advice.
- The night of your vasectomy, you should have a shower and change your dressing. It is advisable to have someone with you in the bathroom. You can have a bath 2 days after your operation.
- The stitches are dissolvable. It may take 4 - 5 weeks for them to dissolve. If they feel very tight and uncomfortable, it may be possible to have them removed by the practise nurse at your GP surgery.
- **POST OPERATIVE SEMEN TESTS**

You are required to produce semen samples for sperm counts. You will be provided with the specimen pots and request forms from the hospital. The semen should be produced directly into the specimen pot.

You may notice a small amount of blood in the semen, this is normal and will subside.

The first specimen should be produced **2 months** after your vasectomy and taken to the pathology laboratory within the day. Subsequent specimens should be produced every month and again taken to the pathology laboratory within the day.

You are not immediately sterile. You must continue to use contraception until you have been informed in writing that you are sterile. You will be informed in writing when you have 2 consecutive specimens with no sperm in them and are therefore considered sterile.

**If you have any worries or queries, please contact the Day Case Unit
between the hours of 8am – 5pm, Monday to Friday ☎ 01536 493680
Outside of these hours please contact your GP**

References:

Blandy J (1998) Lecture notes on urology. 5th edition. Blackwell Science.
 Kendrick J, Gonzales B, Huber D, et al (1987) Complications of vasectomies in the United States. J Fam Prac 25: 245-248 As cited in Walsh et al (2002) Campbells Urology. 8th edition. Saunders.
 Appell R, Evans P: Vasectomy (1980) Etiology of infectious complications. Fertil Steril 33: 52-53. Randall PE, Ganguli L, Marcuson RW (1983) Wound infection following vasectomy. Br J Urol 55: 564-567. As cited in Walsh et al (2002) Campbells Urology. 8th edition. Saunders
 McConaghy P, Paxton LD, Loughlin V (1996) Chronic testicular pain following vasectomy. Br J Urol 77:328. As cited in Walsh et al (2002) Campbells Urology. 8th edition. Saunders

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