

Male sterilization

These instructions are intended for printing. The instructions contain sections to be filled in.

Procedure

The procedure is usually carried out under local anaesthetic. If needed, you will be given a sedative and a pain killing drug. During the procedure, one or two incisions are made in the scrotum to reach the vas deferens, which is a duct that carries sperm in anticipation of ejaculation. A small piece of the vas deferens is removed as a sample for the pathologist. The ends of the vas deferens are tied or seared and the cuts are closed with dissolvable stitches.

Recovery

Make sure to rest on the day of the procedure. The next day you can begin to move about as much as you feel able to, but avoid strenuous physical strain and sport for the first three days after the procedure. The doctor will issue you one to three days of sick leave depending on your work, but your employer can demand that these days are taken off your annual holiday or some other type of day off.

Wound care

The stitches used to close the cut are dissolvable and do not need to be removed. Keep the area around the cut dry for 24 hours. After that shower the wound a couple of times a day for a week but avoid rubbing it. Pat the area dry with care. You may go to sauna after about a week has passed since the procedure. After the procedure, your scrotum may be swollen and bruised. To reduce swelling and bruising, wear fairly tight, well-fitting underpants to support your testicles for two to three days or longer. The wound will heal in about two weeks. Daily air baths, where you allow your wound to get some air, help it to heal.

After-treatment

About 12 weeks after the procedure, you will need to produce a sample of semen, which will be tested for sperm. When you are discharged from hospital, you will be given a sample pot, instructions for producing a sample and a referral for semen analysis. Please deliver your sample to one of the laboratories mentioned in separate instructions. You will be sent the results by post about two weeks after submitting your sample. The cost of the semen analysis is included in the vasectomy charge.

A normal semen analysis report after a successful procedure will describe the semen sample either as “a clear sample” or having “a few immotile sperm cells in the microscope field of view.” If the result is unclear, you will be contacted for a control sample. Use contraception until the success of the procedure has been confirmed with a semen sample.

Pain management

Over-the-counter pain medicine is all you need for the pain. Make sure you have medicine at home before your vasectomy.

Paracetamol

Ibuprofen

Contacting us

If there are symptoms of inflammation (increasing pain, heavy swelling, heat, redness, continuous moisture seeping through the bandage) or some other problem (such as continuous heavy bleeding from the wound or considerable swelling of the testicles), please contact your health centre or the unit that treated you.

Day Surgery Unit on weekdays 7.00–15.00, telephone 06 213 1552

Urological nurse, Tuesday and Thursday 8.30–9.00, Friday 13.30–14.00, telephone 06213 5494

Your own health Centre or occupational health clinic

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117