



BEFORE VASECTOMY PATIENT CARE ADVICE

Getting Ready for Surgery

1. You will receive blank consent paperwork for your procedure and more information by email. Alternatively you may download the forms on this page.
2. We encourage you to print and read this information prior to your surgery date. You will sign these forms on arrival at the clinic.
3. Book time off work - you will need 4-5 days to rest and recover after vasectomy.
4. In the 48-hours prior to vasectomy:
 - Do not play contact sport or injure yourself
 - Do not drink alcohol or use drugs
 - Make sure you are rested and have had a good night's sleep
 - If you have electric clippers or trimmer feel free to give your scrotum and public hair a trim. However please do not wet shave the area.

On the Day of Surgery

- You may eat a light meal before surgery
- Bring a clean pair of supportive jock-style underwear
- Please arrive 15-minutes early for your vasectomy appointment
- Pay the final balance owing for your vasectomy when you check-in at reception
- Once in the procedure room you will be asked to remove your undergarments. Our nurse will then prepare the area for surgery. This may include use of a trimmer to remove excess hair and application of antiseptic. The Doctor will then apply a sterile drape over the area. The surgery itself should take between 15-30 minutes. There will be one or two small incisions depending on your individual anatomy. Samples of your tissue will be sent away to the laboratory for confirmation. After surgery, you will have a dressing in place and you will need to wear a clean pair of good supporting undergarments (briefs).
- Following vasectomy makes sure you leave clinic with all of the following:
 - Scripts
 - medical certificate (if required)
 - semen sample jar and pathology request form
 - Post-Op Information sheet