

VASECTOMY



A Guide for Patients

THE WELLNESS CENTER AT

THEUROLOGY
Advanced Care. Improving Lives. GROUP

OVERVIEW

A vasectomy can provide peace of mind if you're finished having children. This office procedure is considered a permanent form of birth control and is a serious decision that should be given thorough consideration.

This packet includes important information and instructions about your vasectomy. Please read this information carefully prior to your procedure. If you have any questions, please contact us.

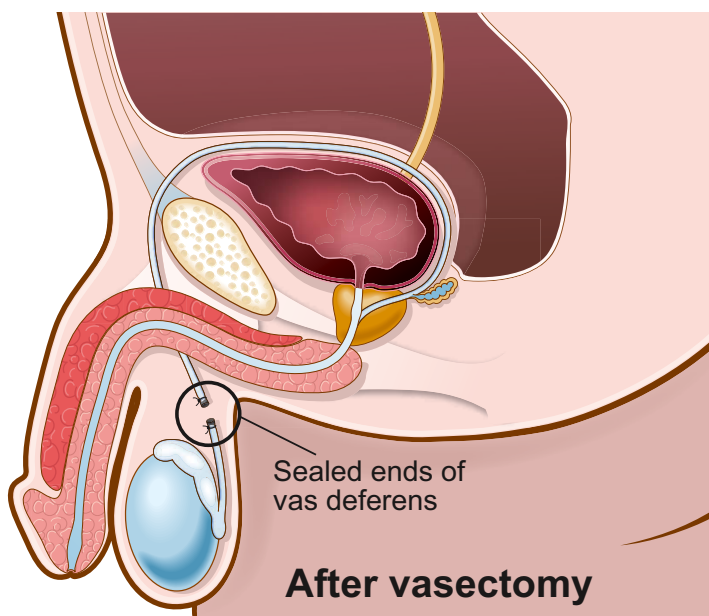
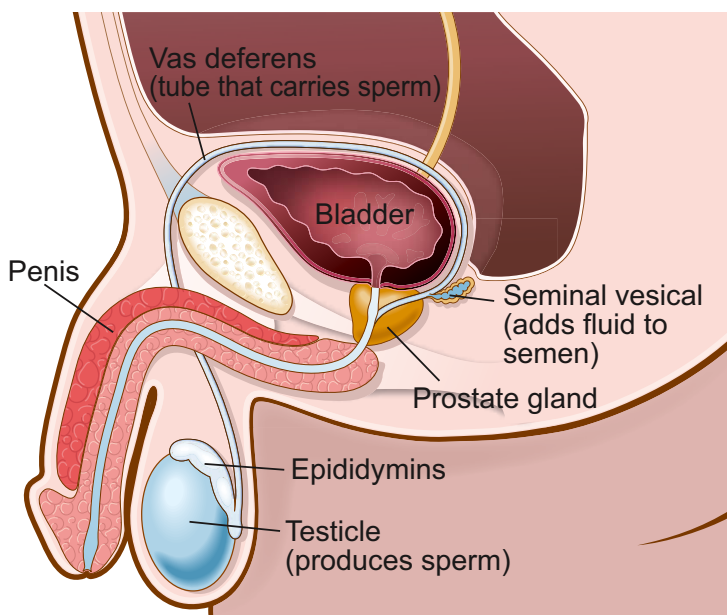
HOW A VASECTOMY WORKS

A vasectomy is a procedure that is done in our office and takes approximately 30 minutes. When you have a vasectomy, the two vas deferens are cut to keep sperm from traveling from the testes to the penis. This is the only change in your reproductive system. The testes still produce sperm, but since they have nowhere to go, they die and are absorbed by your body. Your prostate and seminal vesicles still produce fluids, so your semen doesn't look or feel any different. Your male hormone level remains the same, so your hair distribution, the pitch of your voice, and your sexual drive do not change.

FACTS TO KNOW

Here is what you should know about some commonly asked questions.

- A vasectomy does not affect your ability to have sex.
- Sterilization won't affect your ability to have erections or orgasms and doesn't visibly change your semen.
- There is no evidence that a vasectomy causes health problems such as prostate cancer, heart disease, or other health problems.
- A vasectomy will not solve sexual or marital problems.
- The only aspect of your life that a vasectomy changes is your ability to father a child.



PREPARING FOR YOUR PROCEDURE

To prepare for your vasectomy, it's important to follow these instructions.



Stop taking aspirin and nonsteroidal anti-inflammatory drugs known as NSAIDS (Advil®, Aleve®, Motrin®, diclofenac, ibuprofen, indomethacin, ketorolac, meloxicam, Midol®, naproxen, Naprosyn) for ten days prior to your procedure. You will also need to hold other blood thinners and anticoagulation, such as Plavix® and Coumadin® but please discuss with your provider prior to stopping these medications.



Shave the scrotum at least 24 hours prior to the vasectomy and wash with an antibacterial soap the day before, and the day of your procedure.



Wear or bring a pair of athletic compression shorts or tight-fitting cotton briefs with you on the day of your procedure.



It is not necessary that you have a driver accompany you on the day of your procedure unless your provider has given you additional medication such as Valium.

DURING THE PROCEDURE

You will be asked to undress from the waist down and lie on the exam table. You will be cleaned with antiseptic soap and covered with sterile drapes to help prevent infection. You are given an injection of a local anesthetic into the skin of your scrotum. This causes a minor discomfort, but this anesthetic prevents you from feeling further pain.

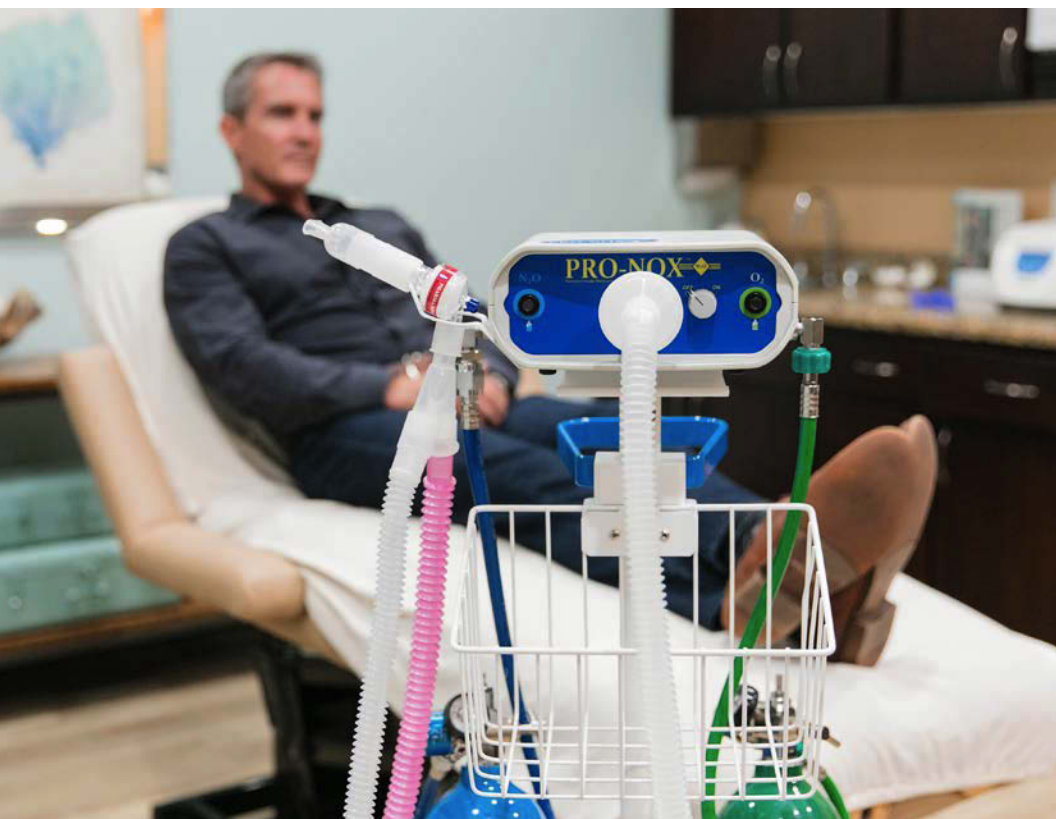
Once the anesthetic takes effect, one or two tiny incisions are made in the skin of the scrotum with a small instrument or scalpel. Each of the vas deferens is lifted through the incision and cut. There are different techniques that your provider can choose, including ligation, clips, and cautery of the ends. The incision may be closed with two or three absorbable stitches, but it is possible you will not need any stitches. The entire procedure usually takes less than 30 minutes. If sutures were used, you do not need to return to have them removed as they will dissolve after a few weeks.

SEDATION IS AVAILABLE

Nitrous oxide (N_2O) empowers you to safely control your discomfort during your vasectomy. Often referred to as “laughing gas,” N_2O will not completely sedate you, but you will be in a state of relaxation.

You will inhale while holding your own mouthpiece. Breathing in and out will help relieve anxiety without losing consciousness. Sedation effects can be felt within just a few breaths. Following your vasectomy, the effects of this gas wear off shortly after you discontinue the N_2O and begin breathing room air again.

Cost: N_2O is not covered by insurance, however we offer it for \$99.



AFTER YOUR PROCEDURE

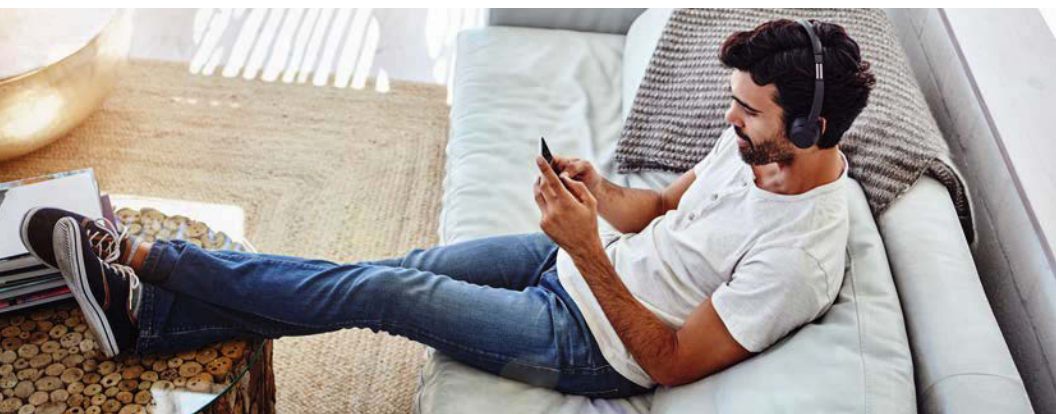
If you elect to use N₂O as mild sedation for your vasectomy, the effects of this gas are completely reversed, within minutes, simply by the patient breathing normally. The local anesthetic begins to wear off after an hour or so. Any discomfort you feel is usually mild.

HEALING

Once you are home, you can do several things to aid your recovery:

- Stay off your feet as much as possible for the first 2-3 days to lessen the chance of swelling.
- An ice pack or bag of frozen peas can help keep swelling down (this is especially important for the first 6-8 hours after the procedure). Apply the cold pack for 20 minutes and then alternate it off for 20 minutes over the initial 2-3 days and as needed after.
- Wear snug cotton briefs or compression shorts for support. An athletic supporter or jock strap can be used, if desired.
- You may shower 24 hours after your procedure.
- Avoid heavy lifting or exercise for at least 5 days after your procedure.
- Wait one week before having intercourse. Remember that you must use another form of birth control until your doctor says you are completely sterile.

For about a week your scrotum may look bruised and slightly swollen. You may have a small amount of bloody discharge from the incision site. You may also feel some mild discomfort. These symptoms are normal.



POSSIBLE RISKS AND COMPLICATIONS

Even with a minor procedure like vasectomy, problems can occur. If you experience any of the following or any other symptoms you are concerned about, call your doctor.

The following complications might occur during the first few days after your procedure:

- **Postoperative pain** – Some men experience mild discomfort in the scrotum after the procedure. Acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve) will help relieve some of this discomfort. Your provider may also offer Sprix® (ketorolac) nasal spray to relieve any pain. Bedrest and scrotal support are also recommended.
- **Hematoma** – Very rarely, a small blood vessel may leak blood into the scrotum forming a clot. A small clot will probably dissolve with time, but a larger one can be painful and may require reopening of the scrotum and drainage.
- **Infection** – Infections may occur after a vasectomy. Some signs of infection are fever, chills, and redness and swelling around the incision site.

Other complications, though rare, may occur in the first few months after your procedure. These are the most common:

- **Sperm granuloma** – Sometimes a lump (called a sperm granuloma) can form at the site where the vas deferens is tied off. It is caused by leaking sperm. Usually, these small lumps cause no problems.
- **Congestion** – Because sperm are still produced after a vasectomy, they can build up in the epididymis and testicle. It may cause inflammation of the epididymis (epididymitis). It usually disappears without treatment but can sometimes require antibiotics and anti-inflammatory medications. It is uncommon to last more than six months.
- **Recanalization** – After vasectomy, at least 20 ejaculations are required to clear viable sperm from the reproductive system; usually it takes a few months before sterility is complete. Failure of vasectomy with spontaneous return of fertility occurs very rarely. This can happen if the cut ends of the vas deferens reconnect (recanalization). Recanalization usually occurs within a few months of your procedure but can occur much later.

CONSENT FORM

Following is a sample consent form which you will be asked to sign at the office before your vasectomy can be performed. The consent form states that you are aware of the possible risks and complications and that you understand the procedure, though usually successful, is not guaranteed to make you sterile. Be sure that you have all your questions answered before signing this form.

Consent to Non-Therapeutic Sterilization



Consent to Non-Therapeutic Sterilization

I, the undersigned, voluntarily request and authorize Dr. _____ to perform a unilateral and/or bilateral Vasectomy upon me, _____ for elective sterilization.

I understand that the purpose of this procedure is to cause sterility, i.e., the inability to produce children or cause pregnancy in a female partner. I understand that the procedure is intended to be irreversible. Despite the intention and purpose of the procedure, to cause irreversible sterility, to permanently prevent pregnancy in a female partner, the procedure may not have that effect. I may now or in the future heal in such a way that I am not sterile, that I may again produce sperm in ejaculate fluid. I understand that the intended result of sterility is not guaranteed now or in the future.

The following issues have been explained to me regarding the procedure and I understand the possible consequences of each of them.

- 1. This is a procedure designed to prevent future pregnancies.
- 2. The treating doctor cannot and will not guarantee that fertility can be re-established once the procedure has been completed.
- 3. This procedure may not result in sterility.

I have been told the procedure can be associated with known complications, including, but not limited to:

- 1. Infection
- 2. Bleeding and hematoma formation
- 3. Sperm granuloma, a small lump of reactive tissue including sperm that grows on the cut edge of the vas
- 4. Unexpected reconnection of the cut edge of the vas
- 5. Reaction to any of the medicines given, especially the local anesthetics
- 6. Chronic pain at or near the surgical site

I have been advised to submit an ejaculate specimen (the fluid produced by having orgasms). This specimen should be obtained no earlier than 12 weeks after the procedure (the best specimen should be obtained after at least twenty (20) ejaculations). The specimen must not demonstrate any sperm before I can consider that the procedure has caused me to be sterile.

I understand that if the procedure causes sterility, these successful results are expected to be permanent. I have been told that even after the ejaculate specimen is negative there is a remote possibility that the sperm tubes may reopen allowing sperm to get into the specimen. Such an occurrence will defeat the purpose of the procedure.

I understand, further, that all methods of contraception used prior to this procedure should be continued until I am advised that the specimen has no sperm in it. I will not be sterile until after I am informed that this test is negative.

I hereby release Dr. _____ and any other associates from any liability arising out of or connected with the performance or consequences of this procedure.

NAME OF PATIENT (PRINT) _____ DATE: _____

SIGNATURE OF PATIENT

WITNESSED

SEX AFTER VASECTOMY

A vasectomy will not affect your sexual functioning. When you start having sex again, you will still have erections and orgasms, and your sexual relations will feel the same as before. If you had a good relationship with your partner before vasectomy, it should not change. Until you are sterile it is absolutely essential that you continue to use some other method of birth control after your vasectomy until your doctor tells you that your sperm count is zero.

To make sure no sperm are left in your semen, you will have a post-procedure semen exam. The Urology Group has partnered with Fellow to provide your post-vasectomy semen analysis* to ensure your vasectomy is successful. The test is performed 12 weeks after your vasectomy, and Fellow's mail-in kit allows you to provide a sample at your convenience in the comfort of your own home. (The best specimen should be obtained after at least 20 ejaculations, over the 12 weeks.) Here's what you should know about the test:

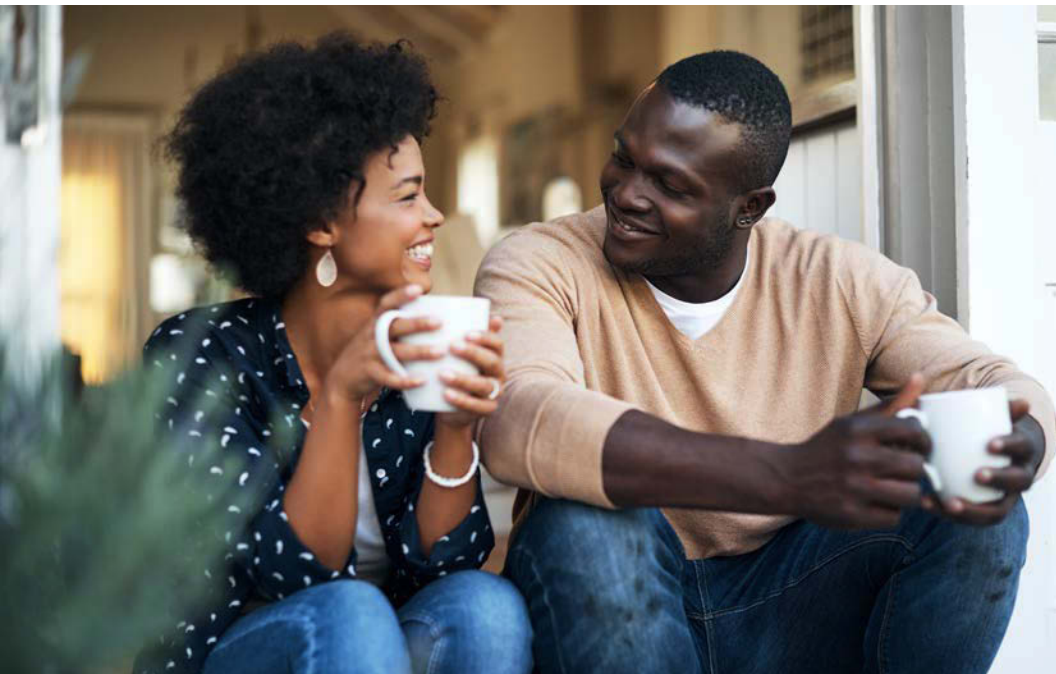
- You will be asked to activate the kit before you leave the clinic on the day of your vasectomy. Activation lets Fellow know you have a kit and enables them to remind you to complete the test 12 weeks after your procedure. *Fellow post-vasectomy semen analysis is not covered by insurance, however we offer it for \$149.
- 12 weeks after your vasectomy, open the kit and follow the instructions to register your kit and provide your sample.
- Sample registration is required at the time you produce your sample using the QR code on the inside of your kit.
- Your kit comes with a prepaid UPS shipping label and can be dropped off at a local UPS store or scheduled to be picked up from your home.
- Results will be available 5-7 business days after your shipment.
- If your results have ANY remaining sperm cells, Fellow will provide a new kit at no additional charge.



AFTER YOU ARE STERILE

After you are told by Fellow that you are sterile, you no longer need another form of birth control. You are free to have sex without the fear of an unwanted pregnancy. However, keep in mind that a vasectomy does not protect you from sexually transmitted diseases. If you are not in a mutually monogamous relationship, practice safe sex by using condoms.

Until you are sterile, it is absolutely essential that you continue to use some other method of birth control after your vasectomy until you receive clear results from your post-vasectomy semen analysis.



IMPORTANT INSURANCE INFORMATION - PLEASE READ

- Vasectomy is an elective procedure.
- Your initial office consultation is NOT included in the charge for the vasectomy.
- The procedure itself requires that 30-45 minutes be set aside in the office schedule.
- The Urology Group's business office will contact your insurance carrier prior to your appointment to determine your benefits for vasectomy. You will be responsible to pay any amount not met to date on your deductible and/or any coinsurance, and this amount is due on the day of your vasectomy.*

***This information comes from your Insurance Plan and may be subject to change when the claim is actually filed.**

- The sections of vas that are removed at the time of your procedure may be sent to our lab where the Pathologist will identify the specimen. There is an additional \$71 charge for both the lab and the Pathologist. Insurance will cover these charges at your benefit level.
- You will receive a text message/email from My-Well-Being with your out-of-pocket information. This is not to be considered SPAM and is safe to open. Please open and read your message, as it will contain valuable information regarding your patient responsibility.
- Fellow post-vasectomy semen analysis is not covered by insurance, however we offer it for \$149.
- The charge for a vasectomy and post procedure test is \$2,749. If you do not have any benefits for vasectomy, we do offer a self-pay discount. Please call 513-841-7453 to discuss this option.
- If you cancel your appointment less than 48 hours prior to your scheduled time or fail to show you will be charged a fee of \$150.
- We do not make payment arrangements for this procedure.
- If you have any questions regarding this policy, please call 513-841-7453 (Monday - Friday, 8:30 a.m. - 4 p.m.).

Prices quoted in this booklet are subject to change without notice due to vendor pricing.



The Urology Group is one of the largest single specialty groups of urologists in the United States.

Our group consists of more than 35 board-certified urologists with convenient neighborhood offices and a state-of-the-art outpatient surgery center in Norwood.

Together, we offer our patients a comprehensive team of urologic healthcare providers – Greater Cincinnati's and Northern Kentucky's premier healthcare resource in this specialty.



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