

AFTER CARE INSTRUCTIONS FOLLOWING A VASECTOMY

• **DAY OF SURGERY**

- Plan to spend a quiet evening at home with minimal activity
- Take Panadol &/or Ibuprofen for the next 2-3 days for pain relief (Do not take Aspirin)
- Do not shower or bathe this evening

• **THE NEXT DAY**

- You can take a shower using an anti-bacterial wash & remove existing dressing; pat area dry & apply a clean dressing
- You may walk & drive etc; but no sports, yard work, swimming, gym, going to the beach or heavy lifting
- If you have an office job, you may return to work
- If you have a light manual job, you can return to work 2-3 days after the procedure. This may vary depending on your fitness and the type of work you do. Some men may need an extra day or 2 of light duties. Heavy manual workers may require up to a week off.

• **THE NEXT 7 DAYS**

- Continue wearing 2 pairs of supportive underwear for 3-4 days; no need for ice packs
- You may have sex 7 days after the procedure. It is common to have some blood in the semen for the first few ejaculations. Continue to use other forms of contraception until after your test & you have been told that your semen is sperm free
- It is normal to have some discoloration of the skin around the site; some men will develop considerable discoloration/bruising of the scrotum about 4 days after the vasectomy
- Some men will develop swelling & discomfort on one or both sides, from 3 days to 3 months following vasectomy; it is best managed with regular pain relief (Panadol or Ibuprofen) for up to 7 days
- **Avoid heavy lifting, strenuous activity & contact sports for at least 2 weeks after procedure**

• **If you have any undue discomfort or any concerns, please contact us**

• **AT 4 MONTHS - FOLLOW-UP SEMEN TEST**

- After a minimum of 12 weeks, but preferably 16 weeks AND 20 ejaculations, you will be required to supply a semen specimen to the laboratory; Dr Bull's staff will contact you with your results
- The specimen must be at least 2 mls in volume, collected between 3 & 7 days following the last ejaculation & must be delivered to the laboratory within one hour of collection
- Please read the following instructions carefully before you collect the specimen & follow them accurately
- To avoid unplanned pregnancy, please continue to use another form of birth control/contraception until you have received a negative sperm result
- There will be a fee from the laboratory for the semen test, a part of which is claimable from Medicare

Thank you for placing your confidence in us.

SEMINAL FLUID COLLECTION INSTRUCTIONS

It is **extremely important** for an accurate result that you **endeavour to follow these instructions to the best of your ability**. Prior to collection you **MUST** contact your nearest QML Pathology collection centre to arrange the best time and place to deliver the specimen. The specimen must reach the QML Pathology collection centre as soon after the collection as possible (no longer than one hour).

FEES: Please note that there is an out-of-pocket fee from the pathology provider for post vasectomy fertility analysis.

- Obtain a sterile labelled plastic seminal fluid collection container from a QML Pathology collection centre. No other container will suffice.
- The specimen must be collected between three and seven days after the last ejaculation (including sexual intercourse, masturbation or 'night loss'). Record the number of days since the last ejaculation in the space provided on the specimen container label.
- Empty your bladder, then wash your hands and penis before collection.
- Collect the specimen by masturbation, ejaculating directly into the container provided. Under no circumstances use condoms or lubricants of any sort
- Intercourse followed by early withdrawal is preferably **not** used as this results in contamination with female cells and often loss of the richest part of the semen specimen, leading to an inaccurate result.
- Screw the lid of the jar on tightly and complete all the details on the label.
- Keep the specimen at body temperature (in your pocket close to your body)
- Do not refrigerate or allow the specimen temperature to rise above body temperature.

This is a special test which is only performed at selected QML Pathology collection centres. To find a centre which performs this test call 3121 4444.