

## UR02lite Bilateral Vasectomy

### Further information

You can get more information and share your experience at [www.aboutmyhealth.org](http://www.aboutmyhealth.org)

Tell us how useful you found this document at [www.patientfeedback.org](http://www.patientfeedback.org)



[www.rcseng.ac.uk](http://www.rcseng.ac.uk)

[www.bads.co.uk](http://www.bads.co.uk)

[www.rcsed.ac.uk](http://www.rcsed.ac.uk)

This document will give you information about bilateral vasectomy. If you have any questions, you should ask your GP or other relevant health professional.

### What is a vasectomy?

A vasectomy is meant to be a permanent method of male contraception. It involves cutting both the tubes (vas deferens) that carry sperm from your testicles. This prevents sperm from mixing with semen and reaching your penis (see figure 1). So a vasectomy should stop your partner getting pregnant.

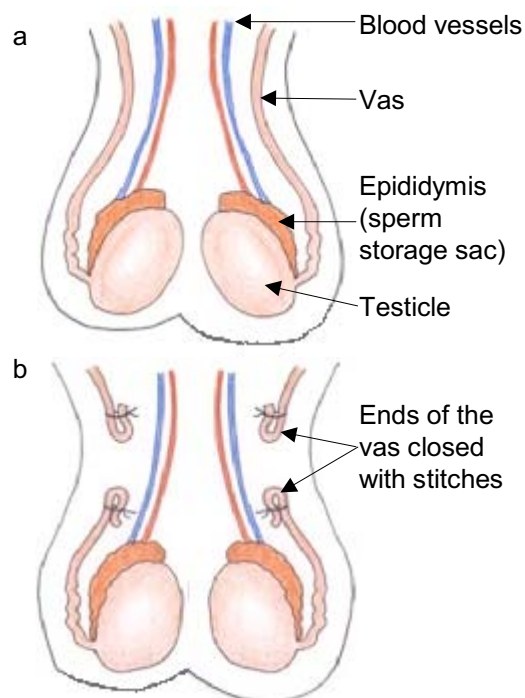


Figure 1

a Before a vasectomy

b After a bilateral vasectomy

### What are the benefits of surgery?

As a vasectomy is meant to be permanent, you or your partner should no longer need to use another form of contraception.

### Are there any alternatives to surgery?

There are two common methods of contraception for women, that have a similarly low failure rate compared to a vasectomy.

- A coil or IUCD.
- Hormone implants.

Other methods of contraception include the oral contraceptive pill and female sterilisation.

For men, the only safe form of contraception, other than a vasectomy, is to use a condom.

### What does the operation involve?

A vasectomy is performed under a local or general anaesthetic. The operation usually takes between fifteen and twenty minutes. Your surgeon will usually make one small cut on each side of your scrotum. Sometimes they will make a single cut in the middle of your scrotum. Your surgeon will cut the tubes that carry sperm from each testicle to your penis and then close the ends.

### What complications can happen?

#### 1 General complications

- Pain
- Bleeding
- Infection of the surgical site (wound) or in the scrotum

#### 2 Specific complications

- Becoming fertile again
- Long-term pain in the testicles
- Congestive epididymitis
- Sperm granuloma

### How soon will I recover?

You should be able to go home the same day.

Your testicles will probably ache for the first few days.

You should be able to return to work after a couple of days. However, if your work involves strenuous physical activity, you may need to stay off work for about a week. Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, you should ask a member of the healthcare team or your GP for advice.

Your doctor will ask you to give one or two samples of your semen after you have ejaculated twenty times following your operation. The samples will be tested to find out if there are any sperm left.

## Summary

A vasectomy is an operation to cut the tubes that carry sperm from your testicles. It is a permanent and effective method of male contraception.

## Acknowledgements

Author: Mr John Lemberger FRCS and Mr Scott Donnellan FRACS

Illustrations: Hannah Ravenscroft RM

**This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.**