

## INSTRUCTIONS IMMEDIATELY FOLLOWING VASECTOMY

1. Rest is essential. Keep off your feet as much as possible.
2. An ice-pack placed over the operation site for 5 minutes at a time will help reduce swelling.
3. No heavy lifting, strenuous work or sport, for the next 3-4 days or until you feel comfortable.
4. The local anaesthetic will wear off in about 2 hours. Some discomfort can be expected. This should be relieved by an analgesic.
5. A small amount of bruising or swelling of the scrotum sometimes occurs. This usually requires no treatment and should gradually disappear
6. Have a shower or bath after 24 hours.
7. Keep the area clean by a daily shower.
8. To help prevent discomfort, sleep in and wear close fitting underwear for about 1 week.
9. You should delay intercourse for 7 days following the operation. Contraception should be used until you have produced two negative sperm counts.

**If you have any unusual symptoms eg. Continuous bleeding, swelling more than twice normal size, excessive pain or fever, you should consult a doctor or phone (021) 654 882.**

## INSTRUCTIONS FOR CARRYING OUT TESTS FOR STERILITY AFTER VASECTOMY

1. You need to have 20-25 ejaculations during the next 12-14 weeks. After this you can have a sperm count.
2. The specimen containers should be used for collection of the specimen. Ejaculate into the specimen jar. It is important that none of the specimen is lost.
3. Write your name and the time and date of the collection on the container. The specimen should be delivered to the laboratory on the morning of the collection.
4. The addresses of laboratory depots are on the back of the form. You can take the specimen to any lab listed.
5. You will be phoned with the results within one week.
6. If the first test is clear ("No spermatozoa seen"), you can take a second sample the next week.
7. It is essential you have two negative tests before you stop using contraception.
8. If your first test is not clear ("Some non-motile sperm seen"), you should wait for a further 5-10 ejaculations or one month before sending in another sample.

If you require further assistance please phone (021) 654 882

### MedLab Results after sample (sent to you by mail)

"No spermatozoa seen" = clear sample

"small numbers of non-motile spermatozoa seen" = (not clear) - repeat sample 1 month