

# Vasectomy Pre-Procedure Instructions

## Appointment Information

Your vasectomy appointment has been scheduled for \_\_\_\_\_ at \_\_\_\_\_ am/pm with Dr. \_\_\_\_\_ at the following clinic location.

Address \_\_\_\_\_ Phone \_\_\_\_\_

## Billing and Insurance

- **Pre-Vasectomy Consultation** - Most insurance will cover a pre-vasectomy consultation. However, if you do not have coverage, and you or your physician determines it best to have the vasectomy on a different day from the consultation, there will be a \$90 visit charge. The amount may be higher if your physician orders additional lab work or testing performed. Payment must be made at the time of the appointment.
- **Vasectomy Cost** - For patients whose health insurance does not cover vasectomy, the total prepayment requirement is \$900. This amount includes the vasectomy as well as follow-up semen checks.
- For both private pay and insured patients, a deposit of \$100 is required when you call to schedule your vasectomy. Payment is typically taken over the phone via credit card.
  - *If you decide to cancel or postpone your vasectomy, you must notify us at least 3 days before your appointment or your deposit will not be refunded.*
- If you do not have insurance, the balance of the fee (\$800) is due in full when you arrive for the procedure.
- For insured patients, our office will bill your insurance. If you have not met your deductible or have a co-pay, you will be required to pay it prior to the procedure.
  - After your vasectomy, when you receive your Estimate of Benefits statement (EOB) from your insurer, notify Urology San Antonio's billing office by calling (210) 731-2050 and we will process your refund check.
- If your insurance policy requires authorization from your primary care doctor, you must present the referral paperwork prior to seeing the urologist for your vasectomy.

## Before The Procedure

- If your partner is pregnant now, please notify your urologist by calling the number above. In this special situation, your doctor may recommend waiting until the baby is safely delivered before performing a vasectomy.
- Stop taking all aspirin or blood thinning products (see enclosed list) one week prior to your vasectomy.
- Arrange to rest and be off from work for 2-3 days after the vasectomy. (Many men schedule their procedure on a Friday and recuperate over the weekend before returning to work Monday.)
- A short video explaining what you can expect during a vasectomy is available at [www.urologysanantonio.com/vasectomy](http://www.urologysanantonio.com/vasectomy). Men are encouraged to watch the video, but it is not required.

## The Day Of The Vasectomy

- You may eat and drink as you normally do.
- Carefully shave all of the hair from the scrotum (the sack that holds the testes). It is not necessary to shave the entire pubic area, only the scrotum.
- Bring tight-fitting underwear or an athletic supporter to wear after the procedure.

## Questions/Concerns

If you have any questions before or after the vasectomy, please call your urologist at the number listed at the top of this packet.

# Vasectomy Informed Consent

**UROLOGY**  
SAN ANTONIO

I, \_\_\_\_\_, hereby authorize Dr. \_\_\_\_\_ to perform a vasectomy on me. A vasectomy is a procedure to make a man infertile (sterile). IT IS A PERMANENT AND IRREVERSIBLE PROCEDURE.

## Description of Procedure

A vasectomy is a surgical procedure that makes a man permanently sterile or unable to impregnate a woman. When you have a vasectomy, the urologist numbs the scrotum. Then he or she makes a small incision or puncture in the skin so that he or she can access the vas deferens (the tubes that carry sperm). Next, the doctor removes a portion of each vas deferens and seals the ends so that sperm can no longer pass through them. Finally, the doctor returns the vas deferens to the scrotum and closes the incision or puncture. The entire procedure takes about 20 minutes.

## Risks/Possible Complications

A vasectomy is a simple procedure, but it does involve some risks. After a vasectomy, you can expect minor discomfort such as bruising of the scrotum as well as redness and swelling at the site of the incision. You may also have some drainage from the incision. These are normal parts of the healing process. Pain after the procedure is usually mild and can be controlled by using a scrotal support, cold packs and over-the-counter pain medication such as ibuprofen or Tylenol. Your doctor will also give you a prescription for a pain medication that you can fill if you find that you need a stronger pain controller.

Complications that could occur following a vasectomy include:

- Bruising of or pain in the scrotum and testicles
- Inflammation or infection of the scrotum, testicles and epididymis
- Chronic testicular pain or sperm granuloma
- Possible rejoining of the vas deferens resulting in fertility and pregnancy

## Masculinity and Sexuality

After a vasectomy, your body's testosterone level will remain the same. Your sex drive, facial hair, voice and other masculine traits will also remain unchanged. A vasectomy does not affect your erections or change the sensation of your orgasm. Your semen, the fluid you ejaculate, will look the same after a vasectomy. Additionally, a vasectomy will not affect your urination.

## Infertility Is Not Immediate

A vasectomy will not make you immediately infertile. It will take 6-8 weeks (15 - 20 ejaculations) for all of the sperm to leave your body. IT IS CRITICAL TO USE ANOTHER FORM OF BIRTH CONTROL UNTIL A DOCTOR CONFIRMS THAT YOUR SPERM COUNT IS ZERO.

## Consent for Treatment

The above information has been explained to me. I certify by my signature below that I have read (or have had read to me) this Informed Consent and that I understand it. Any questions that I asked have been answered in language that I understand. I voluntarily consent to this procedure.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Bring this form with you to your appointment.

# MEDICATIONS CONTAINING ASPIRIN

If you take any of the following aspirin-containing medications, stop taking the medicine 7 days prior to your procedure.

|                                    |  |                               |
|------------------------------------|--|-------------------------------|
| 4-Way Cold Tablets                 | Disalcid                               | Omega-3 fatty acids, Fish Oil |
| Acuprin                            | Doan's Pills                           | Oxaprozin (Daypro)            |
| Advil                              | Dolobid ( Diflunisal)                  | Pennsaid                      |
| Aggrastat (Tirofiban)              | Dristan                                | Percodan                      |
| Aggrenox                           | Easprin                                | Persantine                    |
| Aleve                              | Edoxaban (Savayasa)                    | Piroxicam                     |
| Alka Seltzer (all varieties)       | Ecotrin (all varieties)                | Plavix (Clopidogrel)          |
| Amytal with ASA                    | Effient (Prasugrel)                    | Pletal (Cilostazol)           |
| Anacin (all varieties)             | Eliquis (Apixaban)                     | Pradaxa (Dabigatran)          |
| Ansaid (Flurbiprofen)              | Empirin                                | Prexige (Lumiracoxib)         |
| Anturane                           | Enoxaparin                             | Relafen (Nabumetone)          |
| Arthritis Pain Formula (Whitehall) | Eptifibatide                           | ReoPro (Abciximab)            |
| Arthropan                          | Equagesic                              | Rhumalgan                     |
| ASA (all varieties)                | Etodolac (Ultradol)                    | Robaxisal                     |
| Ascaphen                           | Exedrin                                | Saleto                        |
| Ascodeen                           | Feldene                                | Salocol                       |
| Ascriptin                          | Fiorinal (all varieties)               | Saw Palmetto                  |
| Aspergum                           | Garlic                                 | Soma Compound                 |
| Aspirin                            | Ginko Bilboba                          | Stanback Powder               |
| Axotal                             | Ginseng                                | Sulfinpyrazone                |
| BA-C tablets                       | Goody's Powder (all varieties)         | Sulindac (Clinoril)           |
| Back-Quell                         | Halfprin 81 EC                         | Supac                         |
| Ban-O-Pain                         | Ibuprofen                              | Surgam                        |
| Bayer (all varieties)              | Indomethacin (Indocid)                 | Synalgos DC                   |
| BC Powder (all varieties)          | Integrelin (Eptifibatide)              | Talwin                        |
| BiAct Cold                         | Jantoven                               | Tiaprofenic Acid (Surgam)     |
| Brilinta (Ticagrelor)              | Ketoprofen (Orudis)                    | Ticagrelor                    |
| Bufferin (all varieties)           | Licofelone                             | Tenol Plus                    |
| Cama Arthritis Pain Reliever       | Lortab ASA                             | Ticlid (Ticlopidine)          |
| Cardiopirin                        | Lumiracoxib                            | Tolectin (Tolmetin)           |
| Cataflam                           | Meloxicam (Mobic)                      | Trigesic                      |
| Celebrex (Celecoxib)               | Methyl Salicylate (oil of wintergreen) | Tri-Pain Caplets              |
| Cephalgesic                        | Midol (all varieties)                  | Ursinus Inlay Tabs            |
| Cilostazol                         | Mobic (Meloxicam)                      | Vioxx (Rofecoxib)             |
| Coricidin                          | Motrin                                 | Vitamin C                     |
| Coumadin (Warfarin)                | Multivitamin                           | Vitamin E                     |
| Dabigatran                         | Nabumetone                             | Voltaren, Voltarol            |
| Damason-P                          | Naprosyn, Naproxyn Sodium, (Anaprox)   | Warfarin                      |
| Diclofenac                         | Nimesulide (Eskafam, Mesulid)          | Wesprin Buffered              |
| Dicloflex, Difen, Difene           | Norgesic Forte                         | Xarelto (Rivaroxaban)         |
| Dipyramidole                       |  | Zorprin                       |

## General Expectations

You can expect some bruising and redness at the site of the incision. The sutures in your incision will dissolve and fall out within 5-10 days. There may be some yellow or white discharge from the incision as the sutures dissolve. This is normal. You may notice a small open gap at the site of the incision after the sutures fall out. This will close up over time. You may notice some firmness in and around the incision site. It will soften, flatten and return to normal within a few weeks.

## Post-Vasectomy Instructions

To facilitate a speedy recovery, please adhere to the following instructions.

- Wear close-fitting underwear for 1-2 days to hold the bandages in place and protect the scrotum.
- Place an icepack on your scrotum to minimize swelling during the first 24 hours.
- Most patients need only Tylenol to control pain; however, your urologist will give you a prescription for pain pills that you can fill if you find that you need stronger pain control.
- You may take showers beginning the day after the procedure, but avoid soaking the scrotum in baths, swimming pools or hot tubs until the sutures completely dissolve (usually 10 days).
- Rest for a few days. Do not play sports, do heavy lifting or have sex for the first 3 days after the vasectomy. After 3 days, you may return to your normal activities, but start slowly.

## Follow-Up Semen Test

Understand that a vasectomy does not make you immediately infertile. It will take several months for the sperm count to reach zero. **\*\*It is critical that you use another form of birth control until a semen test shows no sperm.\*\***

- You do not need to schedule a follow up appointment; however, after at least 8 weeks you must bring a semen sample to the office so that a urologist can verify that no sperm are present and the vasectomy was successful.
- Semen samples can be delivered to *any Urology San Antonio clinic* in the specimen cup your doctor provided. The sample must be delivered within 2 hours of ejaculation.
- Although you do not need an appointment, please call the clinic on the day you plan to bring in your specimen to verify a urologist will be available to review it.
- Specimens may be dropped off; the urologist will call to share your results.

## Complications

Contact your clinic location immediately (option 0) if you experience any of the following complications:

- Temperature (taken by mouth) above 101.5° F.
- Bleeding from your incision that will not stop
- Redness or swelling that does not subside
- Difficulty urinating
- Any other concerns or issues

### Clinic Locations

#### Medical Center

Pasteur Plaza  
7909 Fredericksburg, Ste. 120-210  
San Antonio, TX 78229  
210-614-4544

#### Downtown

Metropolitan Prof. Bldg.  
1303 McCullough, Ste. 270  
San Antonio, TX 78212  
210-474-7020

#### Northeast

Northeast Methodist Plaza  
12709 Toepperwein, Ste. 206  
San Antonio, TX 78233  
210-564-8000

#### Stone Oak

18915 Meisner Drive  
San Antonio, TX 78258  
210-499-5158

#### Mission Trail

Mission Trail Medical Plaza  
3327 Research Plaza, Ste. 403  
San Antonio, TX 78235  
210-337-6228

#### Westover Hills

Christus Medical Plaza 1  
11212 Hwy. 151, Ste. 180  
San Antonio, TX 78251  
210-521-7333