

Planned Date: _____

Procedure: vasectomy

What to Expect:

1. Up to 24 hours of vague abdominal queasiness/pain. Ibuprofen is good for pain.
2. Scrotal tenderness for 1-2 weeks. Tight underwear will help.
3. No heavy lifting for 4-7 days. But light duty is OK.
4. You will not be considered sterile until lab test shows no sperm.

Before Your Procedure:

1. OK to take regular medications.
2. OK to eat/drink before procedure.
3. Bring tight underwear to wear after procedure.
4. You must attend a group counseling session prior to scheduling your vasectomy. You may request private counseling.
5. Medications are available, upon request. These include medication for anxiety during the procedure, pain during or after the procedure, and/or antibiotic. In general, you need to obtain the medications prior to your procedure.
6. Shave the front portion of your scrotum at least 2 days prior to your procedure.