

# Pre Vasectomy Consultation



Patient:

Private/ GMS

Date:

D.o.B

Tel.

Occupation:

GP:

Number of children:

Age of youngest child:

General Health:

Allergies:

Local Anaesthetics:

Bleeding disorders:

Medication:

Genital surgery:

Scrotal pain:

Sexual problems:

Examination:

Understands alternatives, irreversibility, risk of failure (early & late), delay in onset, potential complications e.g. bruising, bleeding, haematoma, infection, scar tissue, pain?

Certain re decision? Yes No

Accepts risk? Yes No

Consent signed? Yes No

## Operation Note

Date of Operation:

Pre-med Yes/No

Vasectomy performed using 5ml lignocaine 2%. Midline entry. Vasa delivered and hyfreccated on HP 24 – left first then right. Proximal ends of vas buried in interfascial plane. Haemostasis achieved. Aftercare advice given. Need for contraception reinforced. Arrangements for semen analysis made. Supporting literature supplied and referred to website.

Additional notes: L

Surgeon: Dr William Lynch

R

Letter to GP

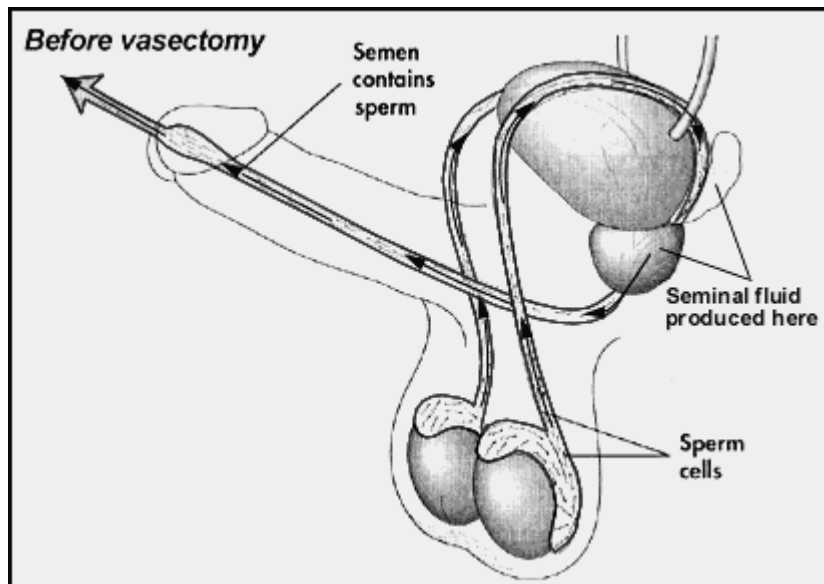


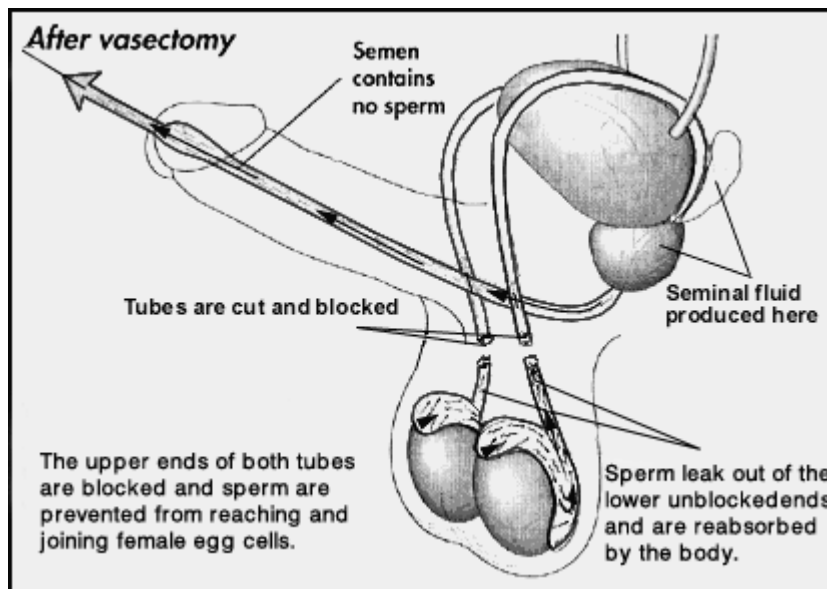
## VASECTOMY

An affordable and permanent method of family planning for men.

### Advantages:

- Less Discomfort
- One small opening in the skin instead of two incisions
- Local Anaesthetic
- No stitches
- Faster procedure
- Quicker recovery and less downtime
- Lower complication rates - such as bleeding and infection
- Preferred method internationally
- Carried out here in the surgery





### **Is a vasectomy right for me?**

You must be sure you do not want to father a child under any circumstances. It is important you talk to your partner and make this decision together.

It may not be right for you if you are very young, your relationship is not stable, you are under a lot of stress, or you are having the vasectomy just to please your partner.

### **Vasectomy - Why is it different?**

In a conventional vasectomy two incisions are made in the scrotum with a scalpel. The tubes are lifted out in turn and cut and tied so the sperm cannot reach the semen, then the doctor stitches the wounds.

At myvasectomy.ie the doctor locates the tubes under the skin, and holds them in place with a special clamp. Instead of making two incisions the doctor makes one tiny opening at the front of the scrotum and reaches the tubes. The tubes are blocked using a cautery instrument. There is minimal bleeding with this method and no stitches are required to close this one tiny opening which heals quickly.

The vasectomy was developed in China, and is now regarded as the preferred method of male sterilization internationally.

Dr Lynch underwent training in the UK by Dr Laurel Spooner, President of the Association of Surgeons in Primary Care.

### **Is Vasectomy Safe?**

Yes, it is safe, but as with all surgery complications such as bruising, bleeding, infection, and scarring are possible. Serious complications are very rare. Less than 1 in 100 cases has even a minor problem.

## **What are the risks again?**

Many men feel sore and tender for a few days after the operation, and will usually experience some bruising and swelling on or around their scrotum.

However, in some cases, a vasectomy can cause more serious problems, some of which are outlined below.

**Haematoma** - a haematoma is when blood collects and clots in the tissue surrounding a broken blood vessel. Following a vasectomy, you may develop a haematoma inside your scrotum.

Haematomas are mostly small (pea-sized), but can occasionally be large (filling the scrotum) and, rarely, they can be very large. This can cause your scrotum to become very swollen and painful. In severe cases, you may need further surgery to treat the blood clot.

**Sperm granulomas** - when the tubes that carry sperm from your testicles are cut, sperm can sometimes leak from them. In rare cases, sperm can collect in the surrounding tissue, forming hard lumps that are known as sperm granulomas.

Your groin or scrotum may become painful and swollen either immediately or a few months after the procedure. The lumps are not usually painful and can often be treated using anti-inflammatory medication, which your GP will prescribe. If the granulomas are particularly large or painful, they may have to be surgically removed.

**Infection** - after a vasectomy, you may be at risk of developing an infection as a result of bacteria entering through the cut made in your scrotum. Therefore, after the operation, it is important to keep your genital area clean and dry to keep the risk of infection as low as you can.

**Long-term testicle pain** - some men get pain in one or both of their testicles after a vasectomy. It can happen immediately, a few months or a few years after the operation. It may be occasional or quite frequent, and vary from a constant dull ache to episodes of sharp, intense pain. For most men, however, any pain is quite mild and they do not need further help for it.

Long-term testicular pain can affect less than 1 in 100 men after vasectomy. It is usually associated with older methods of vasectomy. The pain is usually the result of a pinched nerve or scarring that occurred during the operation.

**Testicles feeling full** - after a vasectomy, some men may develop the sensation that their testicles are "fuller" than normal. This is usually caused by the epididymis becoming filled with stored sperm. The epididymis is the long, coiled tube that rests on the back of each testicle. It helps to transport and store sperm.

Any such feelings should pass naturally within a few weeks. However, speak to your GP if you are still experiencing fullness after this time.

**Fertility** - in a very small number of vasectomy cases, the vas deferens reconnects over a period of time. This means that the vasectomy will no longer be an effective form of contraception. However, it is rare for this to happen.

## **Does a Vasectomy have a failure rate?**

It is estimated that after a vasectomy there is less than a 1 in 2000 chance of pregnancy. Failure can be early (within months of the procedure) and late (several years later).

## **Do I need a referral?**

No. However it is desirable that you talk it over with your GP who is familiar with your medical history.

## **How long will the Vasectomy take?**

Usually the procedure takes no longer than 30 to 40 minutes; however you can expect to be in the surgery for approximately 60 minutes.

## **Is it painful?**

Local anaesthetic is injected into the skin of the scrotum with some mild discomfort. Once the local starts working you should feel no pain. Afterwards you may feel some discomfort for a number of days and you may want to take some paracetamol or solpadeine

## **When can I return to work?**

If your job requires heavy lifting then you should take one week off to recover. We will provide your employer with a certificate at your request.

## **Will Vasectomy change me as a man?**

The only thing that will change is that you will not make your partner pregnant. Your body will continue to make hormones that make you a man. You will have the same volume of semen. Vasectomy will not change your beard, your muscles, your libido, your erections or ejaculations. It is said that without the worry of pregnancy, and the hassle of other birth control methods, sex is more relaxed and pleasurable than before.

## **Will I be sterile straight away?**

No. After a vasectomy there are always some live sperm left in your system. It takes approximately 20 ejaculations to clear them. You and your partner must use a reliable form of birth control until a semen sample has been tested 16 weeks after your operation, and confirmed free of sperm. It is vital that you wait for the results of the sperm test before stopping your method of family planning.

## **Can I have sex immediately?**

It is advisable to wait one week, but remember to use a reliable form of contraception until you have received a letter confirming that you are sterile.

## Will a Vasectomy cause any medical problems?

World experts have conducted a number of studies on vasectomy which conclude that vasectomised men are no more likely than other men to develop heart disease, cancer or other illnesses.

## What if I have a medical problem or had previous surgery?

If you are on anticoagulants such as warfarin, apixiban, dagibatran, have a bleeding disorder or you have had surgery for undescended testicle(s), torsion of testicle or previous reversal of vasectomy, this procedure is best carried out in a hospital environment.

## Will it protect me from getting an STI or AIDS?

No. It will only prevent you from making your partner pregnant. If you or your partner has an STI the best way to protect yourself and your partner is to use a condom.

## Can a Vasectomy be reversed?

Vasectomies should be considered permanent. Reversal procedures are complex, expensive and carried out in specialist centres. Success rates are low and unpredictable. If this issue is on your mind then a decision to proceed is probably best postponed, or perhaps is not right for you.

## How much does it cost?

Private	Consultation €100 Vasectomy €500* ( <b>Total Cost €600</b> )
GMS	Free to patients with Full Medical Card**
Semen Analysis	Free

Vasectomy attracts **Tax Relief** from REVENUE

Many **Private Health Insurance** companies now part-cover the cost of GP vasectomy.

\* Please note that a **deposit of €100** is required for all patients at procedure-booking which will be credited to your final account. This deposit will be returned to patients with a valid GMS number.

\*\* Please note there is limited funding for this service!

## How do I pay?

You can pay at time of booking online at [www.myvasectomy.ie](http://www.myvasectomy.ie)

To book an appointment go online to ***myvasectomy.ie***

or contact us at: **053 9239512**

**Cork**  
M.P.H.C  
Gooldshill  
Mallow, Co.  
Cork  
P51YT57  
☎ 022 52 944

**Wexford**  
Whitemill Medical  
Centre,  
Whitemill,  
Wexford,  
Y35XOWX,  
☎ 053 914 0000

**Enniscorthy**  
Medical Centre  
6 Court Street  
Enniscorthy, Co.  
Wexford  
Y21HK15  
☎ 053 92 39512

[info@myvasectomy.ie](mailto:info@myvasectomy.ie)





# Arrangements for Your Vasectomy

**Dr William Lynch** MRCGP MICGP  
**Vasectomist & GP Surgeon**  
**PHONE: 053 9239512**

---



## **Before your vasectomy**

Please shave any hair you have on your scrotum a few days before the procedure to allow a clear field of vision and to minimise risk of infection.

Please bring a pair of tight underpants (not boxer shorts) as these will provide better support and minimise discomfort.

You may bring something interesting to read while the vasectomy is carried out or indeed you can listen to a music device/radio if you wish.

Plan your life so that you have no exertion for 48 hours after the operation. For the entire first week you will need to avoid heavy work, sport or intercourse. Please ask for a certificate if you are going to need one.

## **After your vasectomy**

Take it easy for the first 48 hours, avoiding any exertion.

You have a single small wound on the front wall of the scrotum and we would ask you to keep this dry for 24 hours. It will not be covered by any dressings and will normally heal over 7 to 10 days. Occasionally this small wound is open during this time but heals on its own. Just keep the area clean.

Avoid heavy lifting, vigorous exercise and intercourse for 7 days.

Bruising and low level discomfort are normal. Simple pain relief such as paracetamol or Solpadine should be adequate but if you are worried in any way please contact us by telephone during surgery hours.

## ***Remember to use contraception until you have had a negative semen test!***

You must have a sample checked 16 weeks after the operation to ensure that the procedure has worked.

The instructions for the semen test will be given to you on the day of the vasectomy.

We will contact you in writing within 7 days to let you know the result. Unfortunately we are not allowed to give the results over the telephone.

## ***You must not stop your contraception until you have written confirmation from us that you are sterile and that it is safe to do so.***

**Cork**  
**M.P.H.C**  
**Gooldshill**  
**Mallow,**  
**Co. Cork**  
**P51YT57**

 **022 52**  
**944**

**Wexford**  
**Whitemill Medical**  
**Centre**  
**Unit 1 Lidl**  
**Neighbourhood**  
**Whitemill Road**  
**Clonard,**  
**Wexford**  
**Y35XOWX**

 **053 91 4004**

**Enniscorthy**  
**Enniscorthy Medical**  
**Centre**  
**6 Court Street**  
**Enniscorthy,**  
**Co. Wexford**  
**Y21HK15**

 **053 92 39512**



## Consent for Your Vasectomy

**Dr William Lynch** MRCGP MICGP  
**Vasectomist & GP Surgeon**



I ..... D.o.B.....

consent to undergo the operation of a Vasectomy under local anaesthetic, the nature and purpose of which has been explained to me by Dr William Lynch. I confirm I have read and understood the explanatory leaflet and instruction sheet supplied by him.

**I have been told that the intention of the operation is to make me permanently sterile but that there is a low failure rate.**

I understand that I must supply a semen sample at 16 weeks after the procedure to confirm my sterility. Until this has been confirmed by letter, my partner and I must continue to use a method of contraception.

I have been advised that the operation has a low complication rate, however bruising, bleeding, haematoma, infection and scarring are possible. Cases of persistent scrotal discomfort after vasectomy have been reported but most are mild and settle without treatment.

Date ..... Signed ..... (Patient)

Date..... Signed ..... (Wife/Partner)

I confirm that I have explained to the patient the nature and purpose of this operation

Date: ..... Signed:.....

Dr William Lynch MRCGP MICGP  
IMC: 011267

**Cork**  
M.P.H.C  
Gooldshill  
Mallow, Co.  
Cork  
P51YT57  
☎ 022 52 944

**Wexford**  
Whitemill Medical  
Centre,  
Whitemill,  
Wexford,  
Y35XOWX,  
☎ 053 914 0000

**Enniscorthy**  
Enniscorthy Medical  
Centre  
6 Court Street  
Enniscorthy, Co.  
Wexford  
Y21HK15  
☎ 053 92 39512

Email: [info@myvasectomy.ie](mailto:info@myvasectomy.ie)

**PHONE: 053 9239512**