



PRE-VASECTOMY PATIENT INSTRUCTIONS

REV. 10/21/2011

Appointment Information

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

Address _____ Phone _____

Billing and Insurance

- For patients whose health insurance does not cover vasectomy, the total fee is \$800. 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 (\$700) is due in full when you arrive for the procedure.
- For insured patients, our office will bill your insurance after the procedure and issue you a refund for the amount of the deposit minus the amount your insurance designates as “patient responsibility.”
 - 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. 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 a jock strap or athletic support. (You can purchase one at most drug stores.)

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.

Aspirin-Containing Medications

4-Way Cold Tablets (Bristol-Myers Products)	Capathyn, Cap. (Scrip)	Mobic
Abitren	Capron	Momentum (Whitehall) (All Varieties)
Acetabar	Cardioprin	Motrin
Acetasam	Carisoprodol	Multivitamin
Acetidine	Cartia	Naprosyn
Acetonyl	Cataflam	Naproxen Sodium
Acuprin	Causalin	Neogesic (Rev) (Vale)
Adult Analgesic Pain Reliever (DeWitt)	Celebrex	Nimesulide (Eskafam, Mesulid)
Advil	Cephalgesic	Norgesic Forte Tablets (3M Pharmaceuticals)
Aggrenox	Characol	Norgesic Tablets (3M Pharmaceuticals)
Aidant Bi Tabs	Children's Bayer Chewable Aspirin (Glenbrook)	Norwich Extra-Strength Aspirin (Chattem)
Aleve	Cirainin	Norwich Regular Strength Aspirin (Chattem)
Alka-Seltzer (All Varieties)	Cirin	Omega-3 fatty acids
All Aspirin Containing Products	Cope (Mentholatum)	Oxaprozin (Daypro)
Allylgesic	Coricidin	PAC Analgesic Tablets (Roberts)
Alprine Bi Tabs	Coumadin	Pain Reliever Tablets (Rugby)
Aluprin	Damason-P (Mason)	Panodynes Analgesic (Keystone)
Amsodyne	Darvon	Plavix
Amytal with ASA	Dasin (Beecham Labs)	Pennsaid
Anacin Coated Analgesic Caplets (Whitehall) & No. 2	Decagesic	Percodan Tablets (Du Pont Pharmaceuticals)
Anacin (All Varieties)	Diclofenac	Percodan-DemiTablets (Du Pont Pharmaceuticals)
Analval (Vale)	Dicloflex, Difen, Difene	Persantine
Anexais w/codeine	Disalcid	Phenylephrine
Anexsis-D	Clopidogrel Bisulfate	Piroxican
Anodynos (Buffington)	Doan's Pills	Pletal (Cilostazol)
Ansaid	Dolcin (Dolcin Corp)	Presalin (Hauck)
Ansmco No 1 & 2	Dolobid (Diflunisal)	Prezige (Lumiracoxib)
APAC	Dristan (Original Formula)	Regular Strength Ascriptin Tablets (Rorer Consumer)
A.P.C. Tablets (Various Manufacturers)	Duradyne (Forest)	Relafen (Nabumetone)
Apancad	Easprin (Parke-Davis)	Rhumalgan
Aphodyne, Aphophen	Ecotrin (All Varieties)	Robaxisal Tablets (A.H. Robins)
Arthra-Zepe	Emagrin (Otis Clapp)	Salabuff (Ferndale)
Arthritis Pain Formula (Whitehall)	Empirin Aspirin (Burroughs Wellcome)	Salatin Capsules (Ferndale)
Arthritis Strength BC Powder (Block)	Empirin with Codeine Tablets (Burroughs Wellcome)	Saleto (Hauck)
Arthritis Strength Bufferin Analgesic Caplets (Bristol-Myers Products)	Equagesic Tablets (Wyeth-Ayerst)	Salocol (Hauck)
Arthropan	Efodolac (Ultradol)	Saw Palmetto
ASA Enseals (Lilli)	Excedrin Extra-Strength Analgesic Tablets and Caplets (Bristol-Myers)	Sine-Off Sinus Medicine Tablets-Aspirin Formula (SmithKline Beecham)
ASA Suppositories (Lilly)	Extra Strength Bufferin Analgesic Tablets (Bristol-Myers Products)	Soma Compound Tablets (Wallace)
As-ca-phen	Feldene	Soma Compiund w/Codeine Tablets (Wallace)
Ascodeen	Fiorinal Capsules (Sandoz Pharmaceuticals) (All Varieties)	St. Joseph Adult Chewable Aspirin (81 mg) (Schering-Plough HealthCare)
Ascriptin (Rorer Consumer)	Garlic	Stanback Powder and Max Powder (Stanback)
Ascriptin A/D Caplets (Rorer Consumer)	Gemisyn (Kremers-Urban)	Sulindac (Clinoril)
Aspadine	Gensan (Goldline)	Supac (Mission)
Aspergum (Schering-Plough)	Genuine Bayer Aspirin Tablets and Caplets (Glenbrook)	Surgam
Aspermin (Buffington)	Ginkgo Biloba	Synalgos-DC Capsules (Wyeth-Ayerst)
Asphac-G	Ginseng	Talwin Compound (Wintrop Pharmaceuticals)
Asphencaf	Goody's Extra Strength (Goody's) (All Varieties)	Tenol Plus (Vortech)
Asphyte	Halfprin 81, EC Tab (Kramer)	Therapy Bayer Aspirin Caplets (Glenbrook)
Aspirbar, Aspivite, Aspodyne	Ibuprofen	Tiaprofenic Acid (Albert Tiafen, Surgam)
Aspireze, Aspirocal, Aspiptab	Indomethacin (Indocid)	Ticlid
Aspirjen Jr (Jenkins)	Ketoprofen (Orudis)	Tolectin (Tolmetin)
Aspiptab (Dover)	Ketorolac	Toradol
Axotal	Licofelone	Trental
Azdone Tablets (Central Pharmaceuticals)	Liquiprin, Tab. (Mitchum-Thayer)	Tri-Pain Caplets (Ferndale)
Bayer (All Varieties)	Lortab ASA Tablets (Whitby)	Trigesic (Squibb)
BC Powder (All Varieties)	Magnaprin (Rugby) (All Varieties)	Ursinus Inlay-Tabs (Sandoz Consumer)
Bristamin APC	Maximum Bayer Aspirin Tablets and Caplets (Glenbrook)	Valesin (Vale)
Brogescic	Maximum Strength Arthritis Pain Formula (Makers of Anacin Analgesic)	Vanquish
Bufabar	Measurin Timed-Release (Winthrop)	Vanquish Analgesic Caplets (Glenbrook)
Buffaprin (Buffington)	Medaprin	Verin (Hauck)
Buffasal (Dover)	Methyl Salicylate (oil of wintergreen)	Vioxx (Rofecoxib)
Bufferin (All Varieties)	Micrainin	Vitamin C
Buffets II (JMI)	Midol Caplets Original Formula (Glenbrook)	Vitamin E
Buffex (Hauck)	Midol for Cramps Caplets, Maximum Strength (Glenbrook)	Voltaren (Dicofenac)
Buffinol (Otis Clapp)		Voltaren, Voltarol
Buffinil, Buffacetin, Buffadyne		Wesprin Buffered (Wesley)
Buflex		Zoprin (Boots Pharmaceuticals)
Butal, Butalbital, Butinal		
Calurin		
Cama Arthritis Pain Reliever (Sandoz Consumer)		



POST-VASECTOMY PATIENT INSTRUCTIONS

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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 ibuprofen or 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 a stronger pain controller.
- 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 takes 6-8 weeks (15-20 ejaculations) for all the sperm to leave your body. **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 15-20 ejaculations you must bring a semen sample to the office so that a urologist can verify that no sperm are present and that 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 so that we can verify that a urologist will be available to review it.
- You may wait in the office for your test results, or you may leave, and the urologist will call to share your results.

Complications

Contact Urology San Antonio immediately at (210) 614-4544 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



INFORMED CONSENT FOR VASECTOMY

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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.