

**Instructions for your
No Needle No Scalpel Vasectomy**

Before your procedure:

NO OVER-THE-COUNTER PAIN RELIEVERS (ASPIRIN, ADVIL, MOTRIN, ALEVE ETC.) FOR 5 DAYS PRIOR TO AND 5 DAYS FOLLOWING THE PROCEDURE. You may use Tylenol.

Beginning three days prior to the procedure, each time you shower scrub the area from the pubis to the rectum for 2 minutes with an antibacterial soap such as Dial.

The evening prior to the procedure you should shave the entire scrotal sac, 2 inches at the base of the penis and 4 inches onto the thighs as instructed by the doctor.

Someone must drive you to and from the office. The procedure will be cancelled if you do not have a driver.

Take 2 Valium 30 minutes before your scheduled procedure time. Bring the remaining tablets with you.

Following your procedure:

- For discomfort use Tylenol or the prescribed pain medication ONLY. It is suggested that while you are taking the medication you refrain from consuming alcoholic beverages.
- Put an ice pack wrapped in a towel on the scrotum for at *least* the first 2 hours immediately after the procedure. Icing 20 minutes on then 20 minutes off for the remainder of the day is recommended. Keep the Steri-strips (bandages) dry for the first 48 hours. You may sponge bathe the day after the procedure. Wearing tight under garments or scrotal support can benefit potential discomfort.
- Stay off your feet for the first 24 hours. Limit your activity for the following 48 hours. Afterwards, refrain from strenuous activity for a week; no heavy lifting, no sexual activity, no bike riding, no mowing, no exercising, etc.

Call the office nurse if you have excessive swelling the 3rd or 4th day following the procedure or if you have a fever. Describe the extent of swelling as a certain amount is normal.

An alternative form of birth control must be used until after 2 negative semen specimens.

After approximately a month from the date of the procedure submit the 1st semen specimen and **after** approximately 2 months submit a 2nd semen specimen to the office in the provided containers.

You do not need to schedule an appointment however you need to contact the office prior to submitting a specimen to confirm the availability of a physician to review the specimen. Submit the specimen within 4 hours of collection. Do not submit the specimen in a condom. Be sure to write your name legibly on the containers. Unlabeled containers will not be reviewed. The office will contact you at the end of the day with results.

Contact the office with any questions or concerns. If you need to reach the physician after hours call 614-626-9555.

614-442-3000 Fax: 614-442-3920

Practice limited to urology, urologic surgery and urologic oncology