

ST THOMAS VASECTOMY CLINIC
St Thomas Health Centre
Exeter EX4 1HJ
Tel: 01392 676635

What do I need to do before my vasectomy operation?

The night before your operation please shave the hair from the front surface of your scrotum below your penis with a safety razor. It is not necessary to have a complete shave of the pubic area.

Please bring tight underpants to give support to the scrotum after your operation.

Your partner or a friend should drive you home after your vasectomy. Don't drive yourself home because you may not feel like it and your insurance will be invalid.

We will chat to you during your operation, but some men find it helpful to bring their mobile, iPad or a magazine to browse.

Be prepared to rest over the weekend after your operation. If you have a heavy job you should arrange for about 3 days of light duties.

On the morning of your operation

Don't go hungry! Have a normal breakfast. Try to visit the toilet before you arrive. It would be helpful if you can bring a drink with you if you are able.

Remember if you have an 08:30 appointment on a Saturday please call 01392 676635 and we will let you in. For all other appointments, come to reception where you will be directed to our seating area. Paula will introduce herself and check your details.

Ask your partner or friend to wait for you as you shouldn't drive home.

Any problems or queries?

Please call Paula on 01392 676635