

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 to wait in your car in the car park and ring us. We will meet you at the front entrance to St Thomas health centre. Ask your partner or friend to wait for you as you shouldn't drive home.

Please bring evidence of your recent COVID test (mobile phone text or email).  
Without it we can't go ahead with your vasectomy.

Any problems or queries?

Please call Paula on 01392 676635