

### Does vasectomy cause any medical problems?

Medical experts, including special panels convened by the World Health Organisation, have concluded that vasectomy is a safe procedure. A number of studies have examined the long term health effects of vasectomy and the research evidence continues to be reassuring and suggests that vasectomized men are no more likely than other men to develop heart disease, cancer or other illnesses.

### Will it protect me from getting or passing on STDs or AIDS?

No. It will only prevent you from making your partner pregnant. If you or your partner have a sexual disease, or have more than one sexual partner, the best way to protect yourself and your partner is to use a condom.

### Can a no-scalpel vasectomy be reversed?

No more than any other vasectomy procedure. Remember that vasectomy, especially by the no-scalpel method is quick, convenient and causes very little discomfort but **vasectomies should be considered permanent**. Reversal operations are expensive and often unsuccessful. If you are thinking about reversal perhaps vasectomy is not right for you.

To book an appointment, please see your GP.

St Thomas Vasectomy Clinic  
St Thomas Health Centre  
Cowick Street  
EXETER  
EX4 1HJ  
Telephone: 01392 6766735

## NO-SCALPEL VASECTOMIES at St Thomas Health Centre

**Available:** You can get an appointment now for a vasectomy within 6 weeks

**Local:** At St Thomas Health Centre. Run by local general practitioners for Devon patients

**Convenient:** Procedure out of normal working hours. Minimal disruption to your job

### Advantages of No-Scalpel Vasectomy over conventional methods:

- Less discomfort
- One small opening in the skin instead of two incisions
- Faster procedure
- Faster recovery
- Less chance of bleeding and other complications
- Just as effective

### How Can I Be Sure I Want a Vasectomy?

Be absolutely sure you don't want to father a child under any circumstances. Talk to your partner; it's essential to make the decision together. Consider other kinds of birth control as well. A vasectomy might not be right for you if you are very young, your current relationship is not stable, you are having the vasectomy just to please your partner, or if you are under a lot of stress.

### What is different about a no-scalpel vasectomy?

No-scalpel vasectomy differs from a conventional vasectomy in a number of ways. Instead of two cuts the doctor makes one tiny opening with a special instrument. The "tubes" are then blocked using a cautery method. There is very little bleeding and no stitches are needed.

The no-scalpel vasectomy was invented by a Chinese surgeon and is used throughout China. It was introduced in the United States in 1988 where it is now the preferred method because of its low complication rate. Dr Watson and Dr Wise are fully trained and accredited to perform the no-scalpel vasectomy.

### Is no-scalpel vasectomy safe?

Vasectomy in general is safe and simple. Vasectomy is an operation and all surgery has some risks such as bleeding, bruising, or infection. However, serious problems are very rare; less than 1 in 100 cases have even a minor problem.

### Does no-scalpel vasectomy work?

Yes. It is estimated that after a vasectomy there is less than 1 in 2000 chance that a man's partner will become pregnant. This is ten times more reliable than if your wife had a sterilisation operation.

### Do I need a referral?

Yes, please consult your GP first. Provided there is no medical reason that would make it unwise or unsafe to have a vasectomy your GP will refer you to our clinic.

### One Stop Vasectomy or chat then decide?

Most men have made their minds up and simply want an appointment for a vasectomy. The one-stop clinic offers a brief consultation before moving on to the procedure. The total time is 1 hour and you should bring someone to drive you home.

For men who want the benefit of a consultation with the Doctor before committing to the procedure we offer a 15 minute counselling appointment with the option of a vasectomy at a later date.

### Will it hurt?

If you feel especially nervous, your GP will normally be able to give you a mild sedative to be taken an hour beforehand to relax you. When the local anaesthetic is injected into the skin of the scrotum, you will feel some discomfort but as soon as it takes effect, you should feel no pain. Afterwards you may be sore for a couple of days and you might want to take a mild painkiller. But the discomfort is usually much less with the no-scalpel technique because there is less injury. Also there are no stitches. You will be provided with complete instructions about what to do after surgery.

### How soon can I go back to work?

In the afternoon following your procedure we recommend you rest or work sitting down at home. Your operation is on a Friday or Saturday so if your job is office based you should be able to return to work on Monday. If your job involves heavy lifting or bending you may need to take a couple of days off work.

### Will vasectomy change me sexually?

The only thing that will change is that you will not be able to make your partner pregnant. Your body will continue to produce the hormones that make you a man. You will have the same amount of semen. Vasectomy won't change your beard, your muscles, your sex drive, your erections or your climaxes. And you won't sing soprano! Some men say that without the worry of accidental pregnancy and the bother of other birth control methods, sex is more relaxed and enjoyable than before.

### Will I be sterile right away?

No. After a vasectomy there are always some active sperm left in your system. It takes about 20 ejaculations to clear them. You and your partner should use some other form of birth control until two samples of your semen have been tested and confirmed free of sperm.

### When can I start having sex again?

As soon as you are comfortable, but remember to use some other kind of birth control until you have received the letter to say that you are sterile.