

ST THOMAS VASECTOMY CLINIC  
St Thomas Health Centre  
Exeter EX4 1HJ  
Tel: 01392 676635 (weekdays 8.15am-16.45pm)  
Tel: 111 (urgent advice out-of-hours)

### Sperm counts

- Please provide your 1<sup>st</sup> sample in approximately 2 weeks.
- The whole of one ejaculation needs to be collected in the plastic container. You just need to put the date and time on both the form and container in the spaces provided. We have already filled out everything else.
- Local patients, please produce your sample on a weekday morning then take it to your GP surgery first thing. Make sure the specimen is bagged up and the lid is firmly tightened to avoid leakage.
- Patients whose local hospital is not the Royal Devon and Exeter will have a postal kit. They need to post their specimen 1<sup>st</sup> class on a Monday to Thursday morning.
- After your sample has been analysed by the RD&E, we will write to you with the result. If you hear nothing for 2 weeks, please ring Paula, the vasectomy secretary to chase it up. She is not able to give you the result by telephone, but she can ensure that it is being processed and that the result is sent to you.
- Don't be concerned if the first specimen result is positive and you are asked to repeat the test. This is not unusual and is usually due to old sperm remaining in storage in your system. We will send you the kit to repeat the sperm count test.
- After you have been given the all-clear, the chance of your vasectomy failing is about 1 in 2000. By comparison, if your partner had chosen an equivalent operation (a laparoscopic sterilisation) her chance of failure is 1 in 200.

**Remember to use contraception until you are told by us in writing that your sperm count is negative**