

INSTRUCTIONS FOR VASECTOMY

The vasectomy procedure is performed for male sterilization. A special California state mandated consent form will be provided to you. Please read all the documents carefully.

CONSENT: The consent form must be signed, dated, and received in our office at least 30 days prior to the procedure, or the procedure will be cancelled. If you have any further questions or concerns, please ask your urologist prior to the procedure.

MEDICATIONS: Please avoid taking any aspirin, vitamins, or any other blood thinning medications/products for at least 10 days prior to the vasectomy procedure. Aspirin and other blood thinning medications and products (including all vitamins) can thin your blood, and potentially increase the risk of bleeding. You may resume taking these medications one week after your procedure. If these medications were prescribed by your primary care physician or cardiologist, you will need to consult with them prior to stopping these medications.

MEALS: If the vasectomy is being done in the office, please avoid a heavy meal prior to the vasectomy. However, please be certain to eat during the day, and bring a snack (piece of fruit, energy bar) to the appointment. If the vasectomy is being done at the surgery center under anesthesia, do not eat or drink after midnight (the night prior to your procedure).

TRANSPORTATION: Please arrange for someone to drive you home after the procedure. You will not be able to drive immediately after the procedure.

SHAVING: It is very important that you shave the area prior to your procedure. Shaving can be done either the night before, or the morning of the procedure. Shave the entire surface of the scrotum from above the penis down to below the scrotum. After shaving, thoroughly wash the penis and scrotum to remove all loose hairs.

CLOTHING: Please wear comfortable clothes (shorts, sweatpants, loose jeans). Wear a pair of tight jockey shorts or athletic supporter on the day of the procedure and during the recovery period. Do not wear boxer shorts. You will be more comfortable with some scrotal support.

PATHOLOGY: We send out the vas deferens specimen to an outside pathology lab for examination. You may receive a separate bill directly from the pathology lab for this service.

CANCELLATION POLICY: Please note there will be a \$150 charge if you fail to show for your vasectomy appointment or do not cancel with at least 24 hour notice. This fee is not covered by insurance and must be paid before rescheduling your procedure.

Patient Signature

Date