



# Ottawa Vasectomy

and Infant Circumcision

## VASECTOMY





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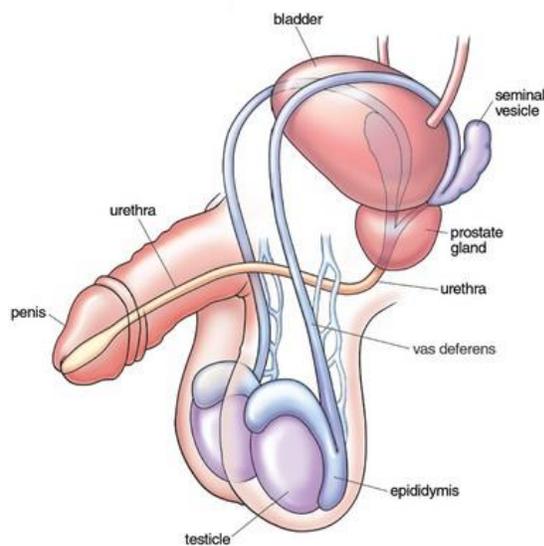
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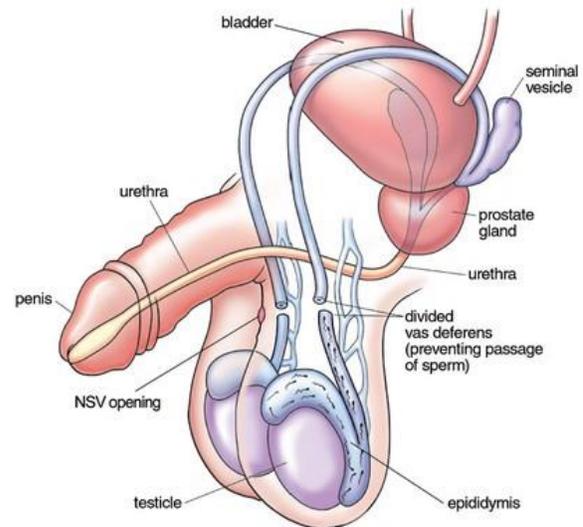
## WHAT IS A VASECTOMY?

A vasectomy is a simple, safe and effective form of permanent contraception. It is a quick and popular procedure (20,000 per year in Ontario) that is performed in a doctor's clinic with local anaesthesia in less than 15 minutes. A vasectomy prevents the sperm from entering the semen by blocking the tubes (vas deferens) that carry sperm from the testicles.

### BEFORE A VASECTOMY



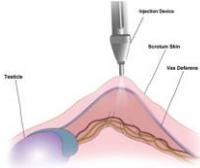
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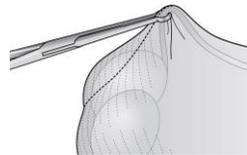
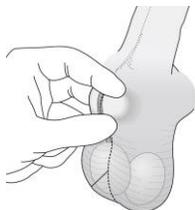


## WHAT IS A “NO-NEEDLE NO-SCALPEL” VASECTOMY?

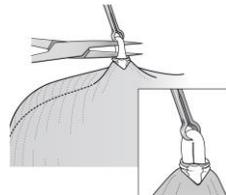
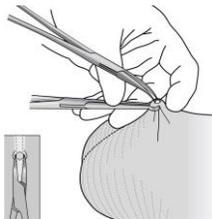
A No-Needle No-Scalpel Vasectomy can be performed in a doctor’s clinic without the use of a scalpel or needle.



‘No-Needle’ refers to the local anaesthesia (freezing) technique known as jet injection, which works with air pressure and does not require the use of a needle. It creates minor pop sensation similar to that of a small rubber band against the skin.



The tubes are first located (one at a time) under the skin and held in place with a small clamp.



Instead of making two incisions as in conventional vasectomies, a tiny puncture is made with a special instrument, which also stretches the opening just enough to reach and lift out the tubes (vas deferens) on each side.



The tubes are cut, and the upper end (leading to the penis) is cauterized, or closed, and tucked back into its sheath (using a tiny titanium hemoclip), while the other end (testicular) is left open. This refers to the Open-Ended vasectomy. This open lower end will serve as an outlet for the sperm to exit. This will minimize the accumulation of sperm in the lower end of the divided vas deferens, which could result in post-vasectomy discomfort.

In comparison to some of the more conventional vasectomy methods, this type of vasectomy combines the most effective technique with the lowest risk of complications, quickest recovery time and least amount of pain.



## BEFORE YOUR VASECTOMY

1. Do not take any aspirin-containing medications for the five days leading to the procedure.
  - If these medications (or any other blood thinners) are necessary due to a medical condition, please review this with Dr Brulotte.
2. Read and understand the “AFTER THE VASECTOMY” section below so you know what to expect.
3. **Two to three days before your vasectomy**, please **shave/trim the underside of your penis and the front wall of the scrotum** – use no powder or deodorant in the genital area on the day of your procedure.
4. If possible, arrange to have someone drive you home after the procedure.
5. Plan to do nothing but recline at home (sofa or bed) on the afternoon and evening of the vasectomy.
6. Eat before your procedure, a normal breakfast or lunch. Nervous men who don't eat before the procedure are more likely to feel lightheaded during or after their vasectomy.
7. You may take 2 tablets of extra strength Tylenol just before leaving your home.
8. Arrive 15 minutes before your scheduled appointment.
9. Be prepared to sign the consent form upon your arrival.

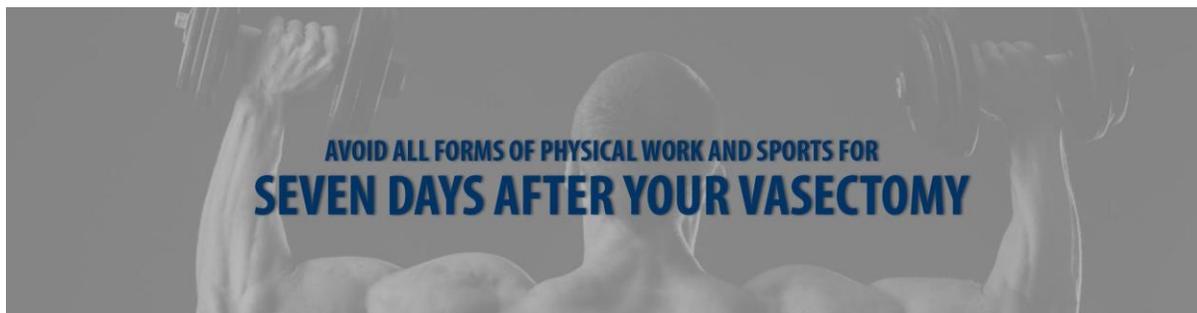


## AFTER YOUR VASECTOMY

1. Spend a quiet evening at home, reclining in bed or on the sofa. Minimize activity.
2. You may apply an ice-pack over your pants the first evening.
3. At 4 and 8 hours post-operatively, apply the **topical antibiotic ointment** and cover it with a gauze. This will be provided in your post vasectomy kit.
4. Avoid aspirin for 2 days after the vasectomy. You may take **acetaminophen (Tylenol)** if you have any discomfort. **Ibuprofen (Motrin, Advil)** and **Naproxen (Aleve)** are both **pain medications** and anti-inflammatory drugs. **For the first few days** after the vasectomy, inflammation may be a normal component of the healing process, therefore **acetaminophen** is preferred. Pain **beyond 3 days** may signify excessive inflammation, at which point **ibuprofen and naproxen** are better choices. These medications (Advil and Tylenol) will be provided in your post vasectomy kit.
5. You may take a daily shower (no bathing or swimming) starting the morning after the procedure.
6. Wear the scrotal support/fitted underwear, that was provided in your post vasectomy kit, for a minimum of 3 days. Wash it as you see fit. Wear it whenever you are up and around for the next 5-7 days. You may choose to wear it longer.
7. On the **day after** the procedure, you may walk and drive, and return to your non-strenuous activities, but no sports, yard work, swimming, or heavy lifting.
8. **Three days after** the procedure, you may perform light duties/activities wearing your scrotal support. **After 7 days and when pain is gone and tenderness is minimal**, you may return to the **gym** or to **running**, but on the **first day back**, do **half of your usual workout**: half the weight, half the reps, half the speed, half the distance, etc. Return to your normal activities over the course of a couple of days until you reach your pre-vasectomy level.
9. It is normal to have some discoloration of the skin around the puncture site. Some men will develop considerable discoloration (purplish-blue) of the scrotum about **4 days after the vasectomy**. This is normal and will gradually dissipate.
10. **Wait 7 days for your first ejaculation**. Although uncommon, it is possible to see blood in the semen for the first few ejaculations.
11. A follow-up visit is not required, but if you have undue discomfort or any concerns, please do not hesitate to call. About 10% of men will still have some discomfort at 1 week, 3% at one month.
12. Some men (about 1 in 20-50) will develop **swelling and discomfort** on one or both sides, starting 3 days to 3 months following a vasectomy. This is called a sperm granuloma, it represents an exaggerated form of the normal inflammatory response necessary for sperm absorption and recycling. It will dissipate progressively. It is best managed with a 5-7 day course of ibuprofen 600mg 3 times per day.



13. You may submit your post-vasectomy semen analysis after **at least 12 weeks AND 20 ejaculations** after your vasectomy.
  - Avoid ejaculations for 2 days prior to submitting it to the lab.
  - The sample should be brought to the lab on the same day it is produced.
  - About 1 in 10 will still have some sperm ‘debris’ at this analysis. These men will need to submit a second sample 4 weeks later. This will need to be a fresh sample produced at the lab and analyzed within with 1 hour.
14. **Use other forms of contraction until you are told your semen is sperm-free.**





## FREQUENTLY ASKED QUESTIONS

### HOW LONG DOES IT TAKE?

You will likely need to be at the doctor's office for about 45-60 minutes. Arrive 15 minutes prior to your appointment. Allow 5 minutes for the sterile preparation, plus approximately 10 minutes for the procedure itself. You will then be asked to remain in the doctor's office for an additional 15 minutes.

### IS IT PAINFUL?

The vasectomy will be mostly pain free. You may be sore/sensitive for a couple of days and should take a mild painkiller as directed if necessary. With the No-Needle No-Scalpel technique, the discomfort level is much lower since it is minimally invasive.

### HOW EFFECTIVE IS THE NO NEEDLE NO SCALPEL VASECTOMY?

This type of vasectomy has had >99% success rate. More precisely, the failure rate is ~1 in-2000.

### WILL IT WORK (WILL I BE STERILE) RIGHT AWAY?

NO! The vasectomy is not effective immediately. In fact, it can take up to 3 months for the vasectomy to be completely effective. The semen needs to be tested 12 weeks after the procedure to ensure that there is no remaining live sperm. Approximately 90% of men will have a zero sperm count after 3 months. Another semen sample may be required if the results are unclear. The vasectomy has not successfully worked until the sperm count in the semen is down to zero. Until then, another form of contraception should be used.

### WILL IT AFFECT MY SEX LIFE?

No. Although you should avoid all forms of sexual activity for the first seven days after the procedure, vasectomy has no effect on the male hormones produced by the testicles. Sexual function does not change! Sensation, erection and ejaculation will remain the same! The only difference lies in the fact that the ejaculate no longer contains sperm.

Some men have however noted an increased sex drive after vasectomy.

### WHEN IS THE BEST TIME FOR A VASECTOMY?

Men under the age of 30, men who have young children under 6 months of age, or men who are unsure whether or not they may eventually want children or more children, should consider waiting before proceeding with a vasectomy.



## WHAT ARE THE POSSIBLE COMPLICATIONS?

Vasectomy is a very safe and low risk procedure. As with any surgery however, some complications may occur:

- Mild bruising is the most common reaction and usually subsides within the first week.
- Sperm granuloma, which is a small bump on the vas as a result of the natural sealing of the canal, is another possible outcome. This tiny lump will subside over time and should be undetectable within a year of the procedure.
- Other rare complications include infection (very rare and can be treated with antibiotics), and bleeding into the scrotum causing a collection of blood (scrotal hematoma).
- 3-5% of men may experience pain as a result of inflammation several weeks after the procedure which usually only lasts a few days and can be resolved with oral anti-inflammatory medications such as Advil or Motrin.
- Chronic pain in the testicle, known as post-vasectomy pain syndrome, is extremely rare and occurs in 1 in 4,000 vasectomies.

## WHEN CAN I RETURN TO WORK OR SPORTS?

You should avoid all forms of heavy physical labour and sports for seven days after your vasectomy. Do not lift anything in excess of 15lbs (including babies/small children) for the first few days, and avoid all forms of strenuous activities or exercise. If your work does not require any physical labour (such as an office job) you may go back to work sooner.

## CAN A VASECTOMY BE REVERSED?

A successful vasectomy reversal, consisting of a 3-hour operation that may require general anaesthesia, cannot be guaranteed. If a reversal is attempted within the first 3 years after the vasectomy, there is a 70% chance of success. This percentage falls drastically after 10 years. Even though the tubes (vas deferens) can successfully be reattached, the sperm that flow through the tubes may be infertile.

## WHAT ABOUT PRE-VASECTOMY SPERM STORAGE?

Having a vasectomy creates permanent sterility, and statistics show that a significant number of men who have undergone a vasectomy later change their minds about their desire to have children, stating reasons such as death of a spouse, death of a child, divorce, separation, etc. For these reasons, some men may consider sperm storage prior to undergoing a vasectomy, which consists of cryogenically freezing and preserving sperm for years, as a type of insurance policy in the event of a future change of heart.

[Ottawa Fertility Centre](#) can be contacted for more information on sperm



## WHERE CAN I BRING MY POST-VASECTOMY SEMEN ANALYSIS?

- You may drop off your sample at any GAMMA DYNACARE or LIFE LABS
- The easiest way (especially if you are from outside Ottawa) is to Google the closest location around you. Here are some of the locations:

### GAMMA DYNACARE/LIFELABS

<p><b>WEST:</b></p> <ul style="list-style-type: none"> <li>• 105-1105 Carling Ave 613-729-3696</li> <li>• 3029 Carling Ave 613-828-3853</li> <li>• 770 Broadview Ave- B9 613-729-2267</li> <li>• 114-152 Cleopatra St (Nepean) 613-225-4175</li> <li>• B-1 16 Green St (Barrhaven) 613-825-6613</li> <li>• 700 Eagleson Rd (Kanata) 613-271-9097</li> <li>• 107-99 Kakulu Rd (Kanata) 613-592-4314</li> <li>• 1221 Greenbank Rd 613-843-0591</li> </ul>	<p><b>EAST</b></p> <ul style="list-style-type: none"> <li>• 209-2555 St Joseph Blvd 613-837-2338</li> <li>• 110-595 Montreal Rd 613-742-6424</li> <li>• 100-150 Montreal RD 613-742-7627</li> <li>• 205-2741 Chamberland St 613-446-2839</li> </ul>
<p><b>SOUTH</b></p> <ul style="list-style-type: none"> <li>• 3-3771 Spratt Road 613-822-1197</li> <li>• 105-2446 Bank St /huntclub 613-731-5555</li> <li>• 500- 1385 Bank St / Kilborn 613-733-4596</li> </ul>	<p><b>CENTRAL</b></p> <ul style="list-style-type: none"> <li>• 1000-381 Kent St 613-237-2686</li> <li>• 203-100 Marie Curie pvt 613-569-5283</li> </ul>
<p><b>Out Of Town</b></p> <ul style="list-style-type: none"> <li>• <b>Cornwall</b> 820 McConnell Ave, 877-849-3637</li> <li>• <b>Kemptville</b>, 2671 Consession Rd 613-258-5568</li> <li>• <b>Hawkesbury</b>, 1062 Ghislain St 613-632-6740</li> <li>• <b>Renfrew</b>, 500 Raglan St N. 613-432-4543</li> <li>• <b>Winchester</b> 550 Louise St 613-774-2699</li> <li>• <b>Russel I</b> 110 Craig St 613-462-6685</li> </ul>	<p><b>GATINEAU</b></p> <ul style="list-style-type: none"> <li>• 200 Blvd Greber 819-568-2975</li> <li>• 208-15 Rue Montclair 819-770-1321</li> <li>• 202-908 Maloney East 819-663-0030</li> <li>• 300-195 Rue De L'atmosphere 819-776-4477</li> </ul>

- If you first sample was inconclusive (still had some residual sperm), you will need to provide a fresh semen analysis.
  - This is done by **appointment only at the location below.**
  - **750 Peter Morand Cres. 613-729-0200**