



Patient Information

Guidelines following Vasectomy

We hope that your stay in our Day Surgery Unit has been comfortable and to your satisfaction. We hope that you will have a speedy recovery and that the following instructions will be of help.

Wound - There may be some oozing from the wound in the first few hours post operatively. There may be also be slight bruising and swelling and it may take two to three weeks for it to disappear.

Aftercare - Rest for two days, especially for the first 12 hours. For comfort, well-fitting underwear may be more suitable. Daily baths may be soothing. The stitches usually dissolve and can take two to three weeks to disappear.

Follow up - You will need to provide two seminal fluid samples at 12 and 14 weeks post operatively. To provide samples please do the following:

- Do not have sexual intercourse for three days prior to providing the specimen.
- The most satisfactory specimen is provided by masturbation and all of the fluid should be collected in the container provided. Should you find difficulty providing a specimen by masturbation, interrupted intercourse can be used, but withdrawal **must** take place early enough to collect all the fluid produced (failure to collect all the fluid may result in an inaccurate analysis). Do not use a condom to collect your specimen as these are lethal to sperm and the lubricating crystals make microscopy very difficult.
- The specimen should be labelled with **your name, the date, and the time of collection.**
- The specimens need to be taken to the **Pathology sample reception on the fourth floor of the Great Western Hospital** between 9am and 5pm.

You must consider yourself fertile until two negative specimen results have been received.



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Stockings - If you have been given support stockings to wear it is important that you continue to wear them, day and night, until you are fully mobile (at least 24-48 hours). The stockings should be removed for a short time daily to wash the feet and legs. You may also hand wash the stockings but do not dry them by direct heat (radiator or tumble dryer).

Pain Relief - For any pain or discomfort after the operation over the counter pain relief is usually effective.

You were given the following pain relief while in Day Surgery

Paracetamol at

Codeine at

Ibuprofen at

Instructions for patients who have had a general anaesthetic

Anaesthetic drugs remain in the body for 24 hours and gradually wear off over this time.

During the 24 hours following anaesthetic, you are under the influence of drugs and it is important to follow these instructions:

- Do not drive a car or any other vehicle, including a bicycle.
- Do not operate machinery or appliances such as cookers or kettles.
- Do not drink any alcohol.
- Do not lock the bathroom or toilet door or make yourself inaccessible to the person looking after you.
- Drink plenty of fluids and eat a light diet, avoiding heavy or greasy foods.
- Take things easy for the day after your operation.
- Do not work with machinery or take strenuous exercise.
- Do not make important decisions or sign important documents for 24 hours after your anaesthetic.

Some people take longer to recover from the effects of an anaesthetic so these guidelines may continue to be followed for up to 48 hours, if necessary.

If there are any problems after you return home, please telephone your GP or out of hours GP service, or the Day Surgery Unit on 01793 604148 between 8.00am and 7.00pm, Monday to Fridays (excluding bank holidays). After 7.00pm or at weekends please contact the Surgical Assessment Unit on 01793 604039.



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If you have any suggestions on how we can improve our service, we would be happy to hear from you. Please write to:

Senior Sister
Day Surgery Unit
Great Western Hospital
Marlborough Road
Swindon
SN3 6BB

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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