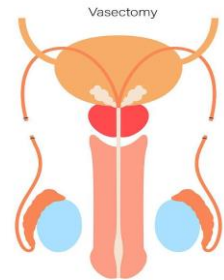


## Vasectomy at Lovering Health Center

### ***What is a vasectomy?***

Vasectomy is a permanent form of contraception in which the vas deferens – the tube that transports sperm from the testicles – is cut and then closed off to block sperm. Here at Lovering, we use a method in which the provider makes a small opening in the scrotum and locates each vas deferens, removes a small component of each vas deferens, and then closes off each vas deferens with a clip and cauterization. The opening in the scrotum is then closed with one suture. The vasectomy procedure is done during an office visit and takes about 30 minutes.



### ***Is a vasectomy painful?***

You may feel pressure during the procedure, but you will likely feel no pain because the provider will use an injectable form of anesthetic called lidocaine. After the procedure, you may experience soreness for up to a week, but it is likely to lessen with each day and can be managed with acetaminophen, ice, compression, and rest.

Here at Lovering, we can also offer anti-anxiety medication to patients who desire it during the vasectomy procedure. If you opt for this medication, we will recommend that you have someone else available to drive you to and from your procedure.

### ***Will vasectomy affect my sexual function?***

Vasectomy does not decrease libido, ejaculation, or testosterone levels. The body will still produce semen, but after time there will be no sperm in the semen. The sperm will be naturally reabsorbed by the body.

### ***How effective is vasectomy? And when is it effective?***

Vasectomy is 99% effective. However, it is *not effective right away*. After the procedure, we recommend that you have 25 ejaculations and a 3-month post-vasectomy semen analysis to ensure that there are no sperm in the semen. If there is still sperm in the semen at 3 months, your provider will recommend repeat semen analysis to ensure that the procedure has been successful. Until you receive a definitive result that the semen no longer has sperm, a back-up method of contraception is strongly recommended.

### ***Can a vasectomy be reversed?***

Vasectomy reversal does exist, but it may not be covered by insurance, and it is not always effective. Thus, it is important to be clear and confident that vasectomy is the right choice for you, as it is considered to be permanent.

### ***Risks of vasectomy***

In general, vasectomy is a simple and safe procedure when done by a licensed, trained provider. Though complications are rare, they may include bleeding in the form of a hematoma, infection, congestive epididymitis, prolonged pain, and sperm granuloma. In rare cases, a person may experience persistent fertility after vasectomy. Your provider will talk more with you about prevention and treatment of these complications during your vasectomy consultation.

### ***Will I have to take time off from work, exercise, or sexual activity?***

After vasectomy, we advise taking a break from physical activity and work for 2 days and avoiding your usual exercise routine for a week. When you are back at work, we recommend limiting strenuous activity and long periods of standing to reduce risk of hematoma. We recommend abstaining from sexual activity for 1 week and using a back-up method of contraception until post-vasectomy semen analysis confirms that there is no sperm in the semen.

### ***Sexually transmitted infection***

Although vasectomy is a very reliable form of contraception, it does not protect the body from sexually transmitted infection. Condoms are recommended for prevention of STIs.

### ***How do I obtain a vasectomy?***

At Lovering, patients who desire vasectomy first meet with the provider for a vasectomy consultation. During this visit, the provider will discuss your decision for vasectomy, your medical history, the vasectomy procedure, pre- and post-procedure preparation and recommendations, vasectomy complications, and informed consent. The provider will also perform a genital exam so that they have an awareness of your anatomy prior to the procedure. Throughout the consultation, you will have the opportunity to present any questions or concerns that arise for you.

After your consultation, the provider will work with you to schedule your procedure and give you some take-home information so that you can be prepared on the day of your procedure.

### ***How do I pay for my vasectomy?***

If you have insurance that is accepted by Lovering, you should verify if vasectomy is a covered service by your insurance plan. If it is, we can bill your insurance directly. You will be responsible for any copay, deductible, or non-covered amounts determined by your insurance. If you are paying for your vasectomy yourself, you will be required to pay \$400 on the day of your consultation and \$400 on the day of your procedure, totaling \$800. If you are uninsured, we can refer you to insurance enrollment specialists to determine if you may be eligible for low-cost or no-cost insurance coverage before scheduling your care.