

Blood Thinners and Anticoagulants

Blood thinners can increase the chance of bleeding. Patient needs to stop taking blood thinner medications 7 to 10 days **BEFORE AND AFTER** the vasectomy.

List of Medications (Prescription and Over the Counter)

1. Aspirin (Baby aspirin, ect)
2. Celebrex
3. Clopidogrel (Plavix)
4. Coumadin (Warfarin)
5. Dipyridamole
6. Enoxaparin (Lovenox)
7. Garlic
8. Ginger
9. Ginkgo biloba
10. Ibuprofen (Advil or Motrin)
11. Naprosyn (Aleve)
12. Non-steroidal anti-inflammatory (NSAIDs)
13. Ticlopidine (Ticlid)
14. Vitamin E

1. Start your antibiotic prescription the day before the procedure and continue fully throughout course, taking one capsule in the morning and one in the evening
2. Shave the scrotum with soap and water the day of the procedure
3. You may have a light breakfast before the procedure
4. Ativan prescription will be given in the office and you must arrive 1 hour before appointment
5. Bring scrotal support (jock strap or tight jockeys)

After Your Procedure

Your vasectomy has now been performed, and you should follow the post-operative instructions closely to ensure proper after care.

1. You should plan a quiet weekend.
2. If you are prescribed pain medication, do not drive or drink alcohol. You may take acetaminophen (Tylenol)
3. Apply ice packs to scrotum for 48 hours after surgery (15 minutes every 4 hours as needed)
4. You may resume your normal diet as tolerated
5. No tub baths for 48 hours. SHOWERS ONLY
6. Wash incision with soap and water (Dove or Cetaphil)
7. Apply Bacitracin ointment twice daily (not Neosporin)
8. After 2 days, you can slowly begin to resume normal activity.
9. For 7-10 days, avoid heavy lifting (anything greater than 10 pounds), strenuous physical activity, sexual activity, and swimming
10. After 7-10 days, you may return to your normal activities, sexual activity or ejaculation.

11. Office follow up in 3 months or sooner if problems occur

It is very important to note that you are not sterile right after the vasectomy. The sperm beyond the point where we sever the vas deferens still must work their way out of the tubes. The sperm are usually gone within 3 months after which a sperm count will need to be done through a semen analysis assay. You will still need to continue using contraception until you have been cleared by Dr. Singh for unprotected intercourse on the basis of a negative semen analysis result. On rare occasions (1 out of 1000), a vasectomy is not 100% reliable, even when the sperm count has been checked 3 months after the surgery.

After your surgery, there are a few things to expect:

1. Bruising of the scrotum with black and blue colors in the tissue spreads
2. Discoloration goes away with time
3. Mild discomfort for the first 2-4 days after the procedure

Please do not hesitate to contact our office and report any of the following:

1. Increasing, unrelenting pain and swelling
2. Redness that is getting worse
3. Fever greater than 101.5 degrees Fahrenheit
4. Severe swelling under the incision that is getting worse
5. Hives or rash
6. Pus draining from the incision site

Scheduling Your Semen Analysis Appointment

About 6 weeks after your vasectomy, or 30 ejaculations later, you may submit your semen analysis. You will need to contact Reproductive Diagnostics to make an appointment to provide the specimen. Their office is located at 4845 Knightsbridge Blvd Suite 220, Columbus, OH 43214, and you may reach them by calling (614) 451-4420.

It often takes about 7-10 business days for the assay to be processed, results faxed to our office and reviewed by Dr. Singh to determine if you are cleared for unprotected sexual intercourse. After review has been completed, you may expect a call with the results from the office or a message via the Patient Portal.