



Royal Berkshire
NHS Foundation Trust

Advice following vasectomy

Adult Day Surgery Unit

After the operation

- It is normal to experience a moderate amount of bruising/ swelling for up to three days after the operation.
To help reduce this, it is important when you leave hospital to:
 1. Rest quietly for three days.
 2. Wear supportive underwear (day and night) for one to two weeks following the operation.
- You may also experience an ache in the lower part of your abdomen. This should go away of its own accord after three days. You can take your normal painkillers to relieve this.
- If you have any stitches, these will dissolve so will not need to be removed.
- Please take a bath/shower 24 hours after the operation and a daily bath/shower thereafter, to keep the wound clean.
- It is advisable to stay off work for three days following the operation. You may need to refrain from work for longer than this, depending on the healing process and your type of work. Please make an appointment with your GP if this needs to be reviewed.
- Avoid heavy lifting for approximately two weeks after the operation.
- Avoid contact sports for three weeks.

Post vasectomy tests

You will need to have two tests of seminal fluid following a vasectomy. The first sample should be taken ten weeks after the operation and the second at twelve weeks after the operation.

You will be given two bottles and two cards for the tests. The cards are complete except that you must fill in the date and time of collection of the sample in the spaces marked with a cross on the card.

Do not collect the samples in a condom. The material that condoms are made from destroys the sperm, so accurate analysis will not be possible.

A clean, fresh sample of semen is needed in the bottle. Please take the sample and one of the cards directly to Dunedin Hospital Department of Pathology, 22 Bath Road, Reading RG1 6NB and hand it into reception on Mon-Thurs 7.00am to 5.00pm, Fri 7.00am to 1.00pm. For patients in the Newbury area, the specimen may be taken to Pathology Reception at West Berkshire Community Hospital before 10am on Mon or Tues only. Please note that the laboratory is not open weekends or Bank Holidays.

Please ensure all the details on your card are completed and correct.

The consultant will write to you when both specimen results are back. If they are both not clear, you will need further tests, and more bottles and cards will be sent to you by post. For medico-legal reasons, results of tests cannot be given over the telephone.

You are advised to continue to use your usual contraceptive methods until you get the results of the tests.

If there is anything you do not understand or if you have any questions or concerns, please feel free to discuss them with your nurse.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the Adult Day Surgery Unit (ADSU): 0118 322 7622. Fax: 0118 322 8214

Opening hours are 7.30am to 10.00pm Monday-Friday, 7.30am to 4.00pm Saturday. If you need help/advice outside these hours, please telephone the Royal Berkshire Hospital switchboard on 0118 322 5111 and ask for the on-call surgery doctor. Please note that this should be for emergencies only.

After 24 hours, please seek advice from your GP.

For further information about the Trust, visit our website
www.royalberkshire.nhs.uk

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Telephone 0118 322 5111

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