

WHAT CAN I EXPECT IN TERMS OF PLANNING AND RECOVERY FROM A VASECTOMY PROCEDURE?

To have a vasectomy in California, you are required to meet with the doctor to discuss the procedure. After that, a prescribed waiting period of 3 days must pass before you can actually have the procedure done. The following is an outline of the what to expect and do before and after the procedure:

The Consultation Visit

This visit is important for you to meet and feel comfortable with Dr. Turek, to figure out whether you are a good candidate for a vasectomy, and to assess if the procedure is right for you. At this visit:

- Dr. Turek will ask you questions about the kinds of contraception you are using and considering and will also ask questions about your medical history.
- Dr. Turek will perform a limited and very brief physical examination to ensure that you are a good candidate for the procedure.
- Dr. Turek will then discuss the No Scalpel vasectomy procedure, its benefits and risks, so that you have a good idea of what it involves, the recovery afterward, when you can resume your normal activities, and when you can discontinue other contraceptives.
- At the end of the visit, Dr. Turek will provide you with an information packet that provides additional detailed information and 2 consent forms for you to review. You can either sign the consents electronically immediately after that visit or take them home, review and sign them, and bring them back to the Clinic the day of the procedure. The procedure will not be performed without your signature on all consent forms.

- The vasectomy procedure **is not** performed at the time of the consultation visit. If, after meeting with Dr. Turek, you would like to have him do the procedure, you can either schedule your appointment at the front desk before you leave that day or contact us at 415-392-3200 at some future time when you decide to have the procedure.
- If you desire to freeze sperm prior to having a vasectomy, please notify us on the day of the consultation visit or at another time before the vasectomy. We will ask you to sign a sperm banking consent form, and you will need to have blood tests for 5 communicable diseases (by State Law: HIV, HTLV I,II, RPR, Hepatitis B surface antigen, & Hepatitis C antibody) and make a payment before you can begin to freeze sperm.
- We would like you to ask questions at this visit or afterwards to ensure that you are completely comfortable with the vasectomy procedure.

Pre-Procedure Checklist

1. You may eat a light breakfast or lunch on the day of the vasectomy.
2. Bring an athletic supporter with you to wear home after the procedure.
3. Do not take aspirin, Advil, Motrin or any medications containing ibuprofen at least 10 days prior to the procedure. These medications have a side effect that can reduce platelet function and therefore lower blood-clotting ability (i.e. are mild blood thinners).
4. If you plan to take Valium 1 hour before the procedure, make sure you have someone available to drive you to and from the procedure. Driving while taking Valium is dangerous.
5. **MAKE SURE THAT YOU HAVE ELECTRONICALLY SIGNED THE CONSENT FORMS OR BRING THEM WITH YOU TO THE CLINIC ON THE DAY OF THE PROCEDURE.** If you have taken Valium and bring back the consents without signing them first, then the procedure will be cancelled.

Post-Procedure Instructions

1. Remove all dressings from inside the athletic supporter within 24 hours. You may shower the day after the procedure. Continue the scrotal support for 2 days or so, until it becomes uncomfortable.
2. Apply ice packs to the scrotum the night of the surgery and, if possible, the morning after. This can help reduce the swelling. Warm tub baths may be taken after 5 days.
3. Exercise can be restarted in 4 days. Intercourse can be resumed in 7 days.
4. Sperm can remain in you semen for 3-6 months or longer after vasectomy. **Therefore, it is very important for you to continue some form of contraception** until your semen is analyzed again and no sperm is found in it.
5. At 3 to 3 ½ months after the procedure, a semen specimen should be brought to our office for analysis. Please abstain from ejaculation for 3-4 days prior to collection of the specimen. The specimen should be collected in our office rooms or brought from home within 2 hours. Please call **415-392-3200** to arrange an appointment for semen collection and analysis.
6. Contact the office at **415-392-3200** (evenings) if any problems develop, day or night.

Other Instructions:

PATIENT SIGNATURE

FULL NAME (PLEASE PRINT)

DATE

PROVIDER SIGNATURE

PROVIDER NAME

DATE

T U R E K

THE T U R E K CLINIC

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