

How do I make an appointment?

Vasectomy is only available by appointment.

Please call and speak to our receptionist during office hours to make an appointment. The consultation and procedure will take approximately one hour if you have local anaesthetic. However should you choose to have sedation, expect to be with us for approximately two hours, and you will need to arrange for someone to drive you home. You will not be able to drive for 12 hours after sedation.

Before your appointment, please notify us of any relevant medical or surgical history and use of medication. Certain medications like Aspirin, Warfarin, Nurofen, Naprogesic, etc, will need to be ceased for 3 days prior to procedure.

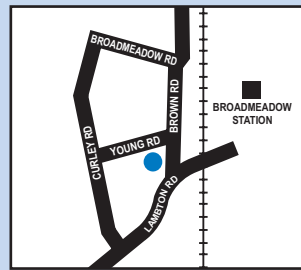
On the day of your appointment, please shower and shave your scrotum area (do not use an electric razor or hair-removal cream). Please bring a pair of firm-fitting underpants.

Payment...

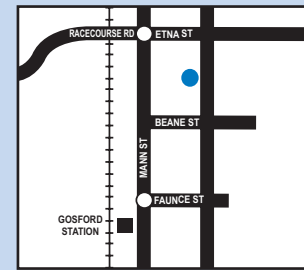
Payment is required prior to the procedure, either by cash, credit card or EFTPOS. We do not accept cheques. Please bring your Medicare card to your appointment.

And finally, remember...

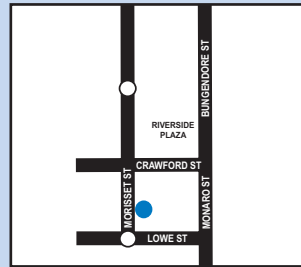
If you are having an intravenous anaesthetic, it is important **NOT** to smoke, eat any food, drink any liquids, chew gum or suck lollies for 6 hours before your appointment.



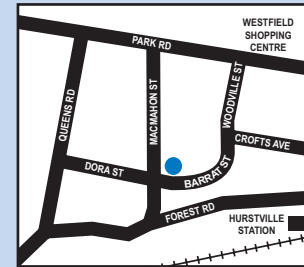
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vasectomy

VASECTOMY

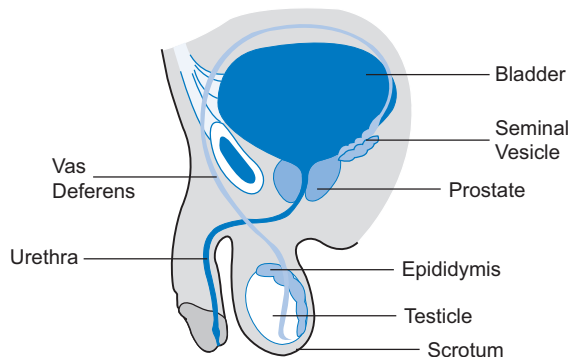
Gynaecology Centres Australia specialises in contraception and sexual health. Despite our name, we also specialise in providing contraception for men - *vasectomy*.

What is vasectomy?

Vasectomy is a very common method of permanent contraception throughout the world and Australia. Approximately 30,000 Australian men per year choose this method. It is a very reliable, safe, easy and permanent method of birth control.

How is the procedure performed?

It is a simple operation that can be done with a local anaesthetic (awake) or with local anaesthetic and intravenous sedation (asleep) and takes about 30 minutes. A small incision is made on the skin of the scrotum and the *vas deferens* is cut and the 2 ends are sealed by cauterisation (hot needle) to prevent rejoining. Local anaesthesia will numb this area preventing pain. The *vas deferens* is a thin tube connecting the testicle to the seminal vesicle (ejaculate fluid is made in the seminal vesicle). The sperm are made in the testicle and, after a vasectomy, the sperm cannot enter the ejaculate fluid. The sperm are responsible for making a woman pregnant. The ejaculate fluid does not change in volume or consistency and therefore there is no change to sexual function after a vasectomy.



How effective is vasectomy?

Vasectomy is one of the best forms of contraception available, but no method is 100% effective except abstinence from sexual intercourse. Approximately 1 in 5000 vasectomies fail because the *vas deferens* somehow manages to rejoin.

Is vasectomy effective immediately?

No. It takes about 15-20 ejaculations to clear all the sperm from the tubes (*vas deferens*) above the incision. It is necessary to have sperm counts 2 months after the vasectomy to make sure the procedure has been successful. It is important to use another form of contraception until this time.

Does vasectomy affect sexual function?

No. It makes no difference to a man's sex drive and performance. Some say that their sex life is improved because the worry of contraception is removed. Despite the absence of sperm in the semen, the fluid ejaculated seems normal because most of it is produced well above the incision to the *vas deferens*. Testosterone, the male hormone produced by the testicles, is not affected by having a vasectomy.

When can I go back to work?

You should rest for the remainder of the day after the procedure. You may go back to work the next day if you have a "sit-down" job but may need at least 1 week off work if you have a "physical" job. Contact sports should be avoided for 4 weeks. If you have intravenous sedation (asleep) with your procedure, you cannot drive a motor vehicle for at least 12 hours.

Are there any side effects?

As with any medical procedure, side effects may occur and you will be given comprehensive information about side effects and aftercare before your procedure. Major side effects are uncommon, however minor bruising and swelling are common problems but settle after approximately 2 days. Bleeding and infection may occur sometimes but they settle quickly with treatment.

Can vasectomy be reversed?

The cut tubes may be rejoined with microsurgery but there is no guarantee of regaining fertility. As a general rule, vasectomy should be regarded as permanent and irreversible. One option to consider is storage of sperm as an "insurance policy".

Who is eligible for vasectomy?

Any man may have a vasectomy, irrespective of age or marital status and may be childless. Counselling is available before a procedure to discuss options. You do not require anyone else's consent nor do you need referral from a doctor.

