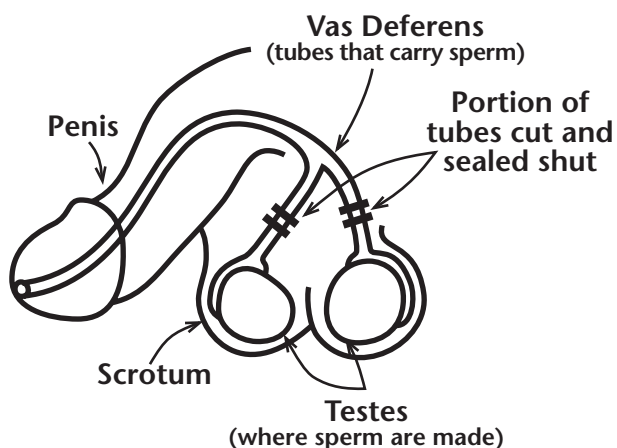


Questions and Answers About Vasectomy

What is a vasectomy?

Vasectomy is a highly effective type of male birth control that is designed to be permanent. In a vasectomy, a small portion of the tubes that carry sperm (vas deferens) from the testicles is cut and sealed (see illustration). This prevents pregnancy because no sperm can get into the ejaculate (semen) of the man.

Vasectomy Cuts and Seals Shut Tubes that Carry Sperm



What are the benefits of vasectomy?

Vasectomy is safer, simpler, and less expensive than tubal sterilization (getting your tubes tied) for a woman (see comparison figure on side 2). The procedure has never caused a death in the United States and has a less than 1% complication rate. The operation is most commonly done in a doctor's office or clinic using local anesthetic (numbing medicine) and the man can go home afterwards. The time to recovery is usually a few days of rest before resuming normal activities.

Are there different kinds of vasectomies?

Yes, several types of vasectomies are done in the United States. A common type is done by making two small incisions (cuts) in the scrotum to reach the vas deferens tubes. Another approach is called the "no-scalpel" vasectomy. The no-scalpel approach does not make a cut in the skin; it uses a special instrument

to make one small puncture. The no-scalpel vasectomy was invented in China in 1974 and has been used in the United States for about the past 10 years. In the United States, about 30% of vasectomies are the no-scalpel type.

Are there advantages to the no-scalpel vasectomy?

Yes, the technique is less traumatic, causes less pain and swelling and results in a shorter recovery time.

Is vasectomy very painful?

No, vasectomies do not cause much pain. Most men report that they experience the sharp stinging of the needle giving the anesthetic and not much more. Most often, an over-the-counter pain medicine is enough to relieve the discomfort. Ice packs can help to limit swelling.

What kinds of complications could occur?

Complications from vasectomy are rare, but include infection and hematoma (collection of blood in the scrotum). Inflammation of one of the structures within the scrotum, the epididymis (epididymitis), can also occur. In some cases, a sperm granuloma, an inflammation from sperm leaking into the tissue, develops. All of these complications usually can be treated easily.

**The no-scalpel
vasectomy can
cause less trauma
and pain than
traditional vasectomy
and has a quick
recovery time.**

Will vasectomy affect my male hormones or sex life?

Vasectomy does not affect the production of male hormones, nor does it affect a man's ability to get an erection, have sex, or ejaculate. The male hormones made by the testicle are released directly into the blood stream and are not affected by cutting the vas deferens.

Vasectomy Does Not:

- make a man more feminine
- cause a higher voice
- interfere with the ability to get an erection
- cause lower sex drive
- affect male hormones

How soon after a vasectomy can a couple stop using birth control?

A man will **not** be sterile right after the operation. Sperm will stay in the male reproductive system for about 6 more weeks. Couples need to use another method of birth control for 12 weeks or about 20 ejaculations. Several weeks after a vasectomy, the man will need to have his semen checked to make sure no sperm are left (azoospermia). When the test shows that no sperm are left, the man can have sex without additional birth control.

Is it true that a vasectomy can be reversed?

Men should consider vasectomy to be permanent. While surgical techniques can try to make a man fertile again, there is no guarantee. In addition, the reversal process requires a bigger operation and is expensive. In general, reversals are more successful if done within 10 years of the vasectomy.

Are there any long-term complications?

The most recent data suggest vasectomy does not increase a man's risk of testicular cancer, prostate cancer or heart disease. Large organizations such as the World Health Organization and the United States National Institutes of Health consider vasectomy very safe.

How much does a vasectomy cost?



The total cost of a vasectomy ranges from about \$400 to \$500. Check with your doctor and insurance plan to find out if you have coverage.

How do I know if a vasectomy is right for me?

Vasectomy may be a good choice for a man who:

- Is in a long-term relationship where both partners agree they never want another child
- Knows that even if his relationship ends and he had another partner he still would not want another child
- Knows that a pregnancy would be a serious health risk to his partner

Comparison of Male and Female Sterilization

 Vasectomy	 Tubes Tied
Effectiveness	
<i>Highly effective</i>	<i>Highly effective</i>
Safety	
<i>Safest</i>	<i>Very safe</i>
Location	
<i>Doctor's office or clinic</i>	<i>Hospital or outpatient surgery center</i>
Anesthesia	
<i>Local</i>	<i>Local/General</i>
Typical Cost	
<i>\$500</i>	<i>\$2,500</i>
Recovery Time	
<i>2 to 3 days</i>	<i>2 to 3 days</i>
Number Done in US Each Year	
<i>500,000</i>	<i>640,000</i>