

NOTTINGHAMSHIRE COMMUNITY VASECTOMY

The Nottingham Road Clinic, 195 Nottingham Road, Mansfield, NG18 4AA

Tel: 01623 624137 Email: nottinghamroad.clinic@nhs.net

Dr Ashraf (Mansfield, Balderton, Carlton)

Dr Martin (Balderton, Carlton, Sneinton, West Bridgford)

Dr Hopwood (Bramcote)

Dr Aladin (Mansfield, West Bridgford)

How do I get referred? Men who wish to have a vasectomy can be referred by their Family Doctor or if they wish may refer themselves directly to the Nottinghamshire Community Vasectomy Service using the contact details on the front of this leaflet.

Who performs the operation? The Vasectomy Service is provided by local medical practitioners working within your community who are specially trained, accredited and experienced to provide the operation close to the patients' own home without having to go to hospital.

How soon can I expect an appointment? Appointments are generally within two weeks.

What is a vasectomy? This is the male form of sterilization performed as a minor operation under local Anesthetic.

What does the operation involve? The skin and tubes are numbed with local Anesthetic. The operation uses a No Scalpel nip in the skin of the scrotum to retrieve the two vas tubes which carry the sperm to the testicles. The tubes are snipped and sealed before returning them inside the scrotum.

Is it painful? The techniques employed ensure that the discomfort felt is minimized. You will feel some tugging but generally speaking no pain during the procedure.

How long is the operation? Approximately 20-30 minutes. We provide you with Tea and Biscuits before you leave the surgery.

Will I feel different after the operation? Your sex drive and erections are unaffected by the operation and your ejaculate will appear the same but will not have any sperms in it.

Are there any possible complications?

- Mild pain for a few days
- Bruising of the skin
- Mild infection
- Sperm granule (tube swelling due to a small leakage of sperms)
- Blood clot in the scrotum – Very Rare
- Operation does not work because one of the tubes rejoins (1 in 100). This requires a second operation.
- Persistent pain syndrome - Very rare. Treatment may require a referral to an urologist at the hospital.
- Late Failures - All forms of contraception have a failure rate. Vasectomies fail rarely is still less than all other forms of contraception.

How will I be after the operation? You should avoid heavy lifting and strenuous activity for a week after the operation. We mostly operate close to the weekend and for men not involved in a heavy physical job most will be able to return to work the following Monday.

Aftercare Our service is confined to Nottinghamshire so in the rare circumstance where you may have a problem a doctor from our service is available for advice or care including nights and weekends.

What should I consider before deciding to proceed?

- Is my family complete?
- Is my relationship stable?
- Might I wish more children in a new relationship?
- What if one of my children should tragically die?
- Am I making the decision for the right reasons?

Can a vasectomy be reversed? Yes, however, this is not available on the NHS. The operation is expensive and successful reversal is not guaranteed.

I understand the operation is permanent but can I freeze sperms as a precaution? Yes. This is not available on the NHS. It is available if you are prepared to pay Privately. Please ask the surgeon for details.