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**PRE-VASECTOMY INFORMATION**

1. You will be asked to come 20 minutes prior to the procedure to allow time for signing a consent and to be given a mild sedative prior to the procedure which takes 20-30minutes.
2. You must have a ride arranged home after the procedure. You are legally impaired after the sedative and some people can feel lightheaded during and after the surgery. Your ride should be able to pick you up approximately 1 hour after drop off.
3. Take no aspirin for one week and no NSAIDS like ibuprofen or naproxen for 3 days prior to the procedure as they increase bleeding tendency.
4. Remember to pre-shave the front and sides of your scrotal area prior to the appointment to help with disinfecting the skin. Use a non electric razor as the skin is quite sensitive there and prone to razor burn. Do not use NEET or other hair removal products!
5. If you are needle phobic you may wish to apply EMLA, in the form of a cream or patch, to the front of the scrotum where the freezing will be injected. EMLA will help dull the poke of the small needle used for freezing. This is optional but if you do use it please apply about 1 hour prior to the procedure. The opening is typically 1 inch (2.5 cm) below the shaft of the penis in the midline of the front of the scrotum. EMLA is available at most pharmacies.
6. You should have only a light meal and no alcohol or drug use prior to the procedure.
7. You should bring a pair of tight fitting jockey shorts to wear home following the procedure.
8. Please have a soft moldable ice pack at home along with antibiotic ointment to be applied to the incision after the surgery. If you are travelling for the procedure it is recommended that you bring an ice pack in a cooler for the drive home.
9. Spend time prior to the procedure planning how you are going to spend your rest days. Get your books and videos ready, have your shopping and chores all done etc. Have someone arranged to look after children if needed. Be ready to rest!
10. Rarely, there are incidences where at the time of surgery the vas deferens cannot be clearly identified or separated from other tissues in the scrotum. This might be because of prior surgery, injury or infection or because of your own particular anatomy. If this is the case I will not be able to safely proceed with the vasectomy and would unfortunately have to cancel the procedure.
11. We require a minimum of 72 hours notice of cancellation. Late cancellations and no shows will be billed $50

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