

## Vasectomy Pre-Operative Instructions

1. The date of surgery you will need to bring an athletic supporter, or “jock strap”. This can be purchased at most pharmacies or retail stores. The supporter will be worn immediately after the procedure. It will provide comfort and support as well as minimize swelling.
2. The night before the procedure shave or clip the hair off of your scrotum.
3. You have been given a prescription for Valium. You need to fill this before the day of the procedure.
4. You will need to arrange a ride home from the office.
5. Please avoid Aspirin or Aspirin containing products (ingredient acetyl salicylic acid or salicylates) for the week prior to surgery. Tylenol or Advil are ok.
6. On the day of the procedure: 60 minutes before your appointment take two of the 5mg Valium tablets. You should have the other tablets available for additional use while in the office. The Valium provides for mental relaxation. Perhaps more importantly the valium also provides relaxation to the muscles of the scrotum making the procedure much easier for you as well as the doctor.
7. You need to understand that a vasectomy should be considered permanent and irreversible.
8. You understand that a semen analysis is required after the procedure to document absence of sperm and assure sterility.
9. Please feel free to ask any questions that may arise.



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