

Associated Urologist PA
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PRE-VASECTOMY INSTRUCTIONS

1. Eat like you always do the day of your procedure and drink plenty of fluids.
2. Wear loose fitting clothing
3. BRING A JOCK STRAP OR COMPRESSION SHORTS TO WEAR HOME AFTER YOUR PROCEDURE.
4. DO NOT TAKE ASPIRIN, ASPIRIN PRODUCTS, IBUPROFEN PRODUCTS, NAPROXEN PRODUCTS, PLAVIX, VITAMIN E, GLUCOSAMINE, OR FISH OIL FOR 5 DAYS PRIOR TO PROCEDURE.
5. The doctor will write a prescription for Valium to take prior to the procedure. **If you take the Valium then you will need to have someone drive you home from your procedure.**
6. Do not take the Valium until instructed by the nurse. You need to arrive 30min prior to your scheduled apt time. BRING THE VALIUM WITH YOU IN THE ORIGINAL BOTTLE THAT THE PHARMACY GAVE YOU.
7. You do not need to shave prior to your procedure.
8. Your vas specimens will be sent to the pathologist per your request. If they are sent you will receive a separate bill from the pathologist.

POST-VASECTOMY INSTRUCTIONS

1. Take antibiotics and pain medication as prescribed by your doctor.
2. You may shower after 48 hours then clean the incision daily with soap and water.
3. Use ice to groin area on and off for the first 48 hours. (You may try frozen peas or corn).
4. No intercourse for at least one week after procedure.
5. No heavy activity, lifting greater than 10 lbs., riding tractors, motorcycles, or lawn mowers for one week.
6. You will have a follow up appointment approximately one week after the procedure.
7. Use protection with intercourse until you have a post vasectomy sperm count of zero "0." You will obtain the specimen at about 3 months post vasectomy. When we receive the result we will call you. You will get more information regarding the specimen collection on your follow up appointment.
8. You will be responsible for the charges of the post vasectomy sperm count so please provide the lab with your insurance information.
9. If your doctor is Dr. Devine, Dr. Evangelidis or Dr. Rosso patient wear your jock strap/compression shorts 24/7 for 1 week.
10. If your doctor is Dr. Hall wear your jock strap/compression shorts 24/7 for 2 weeks.

