

Counselling before the operation

This is done by a healthcare professional to ensure that all aspects of the decision to have a vasectomy are dealt with e.g.

- Stability of his relationship.
- Possible change of circumstances such as loss of child / children / partner or remarriage.
- Vasectomy makes no difference to general health, sexual feelings or the sex act.

LIFELONG - SAFE - EFFECTIVE

After the operation

- ♂ Rest for a day or two depending on type of work.
- ♂ Firm supporting underpants will provide comfort.
- ♂ Use a pain reliever such as paracetamol (not aspirin) if necessary. Report any severe pain, swelling or fever to the clinic/hospital immediately.
- ♂ He should be fit to return to normal work soon after surgery. Sexual activity and sport can be resumed at the end of a week.
- ♂ The operation is not effective immediately. It takes approximately 20 ejaculations to get rid of the sperm stored in the tubes, but it takes approximately 3 months for any remaining sperm to die.
- ♂ Vasectomy is the most effective form of contraception, however no method is guaranteed 100% effective. Even after sterilisation there is a tiny risk of pregnancy.

IMPORTANT!

After the operation regular intercourse should take place using a reliable form of contraception.

A semen test will be arranged, usually 12 weeks after the operation. The laboratory result will be available after a few weeks and will determine whether it is safe to rely on the operation for contraception.

REMEMBER!

It takes only ONE sperm to make a baby!

Do not take any chances until told it is safe.

What can a man do to prevent a pregnancy until he is sterilised?

Use a condom every time he has sexual intercourse.

Talk to his partner about methods of contraception she can use: Pill, Injection or IUD.

Her local family planning sister will help her choose a suitable method.

Sterilisation may not be suitable for you right now because you are:

- In poor health and unable to have a medical procedure.
- Too young for a vasectomy.
- Not ready for a permanent form of contraception as you may want another child in the future.
- You feel pressured into making the decision.

MALE STERILISATION VASECTOMY



SMALLER FAMILIES

BIGGER OPPORTUNITIES

Association for Voluntary
Sterilisation of South Africa



What is Vasectomy?

Vasectomy is the name given to the permanent male surgical contraception operation.

This is a simple procedure in which a doctor cuts and ties the vasa deferentia - the tubes which carry the sperm produced by the testicles to join with the fluid which together form the normal male ejaculate.

Vasectomy allows a man to enjoy making love without the fear of it resulting in a pregnancy.

The operation is usually performed in a hospital or doctor's surgery, using local anaesthetic, and takes about 15 minutes.

It is a small, safe, simple procedure.

REMEMBER!

Vasectomy should be considered a permanent and irreversible method of contraception.

After the vasa (tubes) have been closed on both sides, sperm can no longer pass through to join the semen, although the fluid continues to be produced and ejaculated normally. The sperm that are produced are absorbed by the body.

The testicles continue to produce the male hormones giving the man his normal feelings for sex and normal ability to have erections and make love.

Because his semen contains no sperm he cannot cause a pregnancy.

Have only the children you can afford.

How is the Vasectomy done?

The surgeon locates the vas (tube) in the scrotum (sac) on both sides.

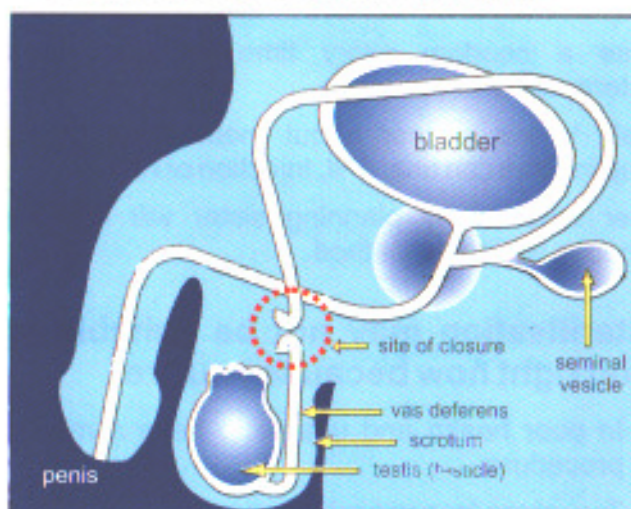
Local anaesthetic is injected under the skin to prevent pain.

When the area is numb, the surgeon makes one or two small cuts in the skin to expose the vasa.

With the no-scapel vasectomy technique both tubes are reached through a single tiny puncture made in the skin.

The vas on each side is closed by cutting and tying.

The skin is closed up with a few stitches.



Where can a man go if he wants a vasectomy?

He can ask the local health centre for referral to the nearest vasectomy service, or ask his doctor.

The operation is free of charge at some state health facilities in South Africa.

Why does a man choose a vasectomy?

- ♂ When he and his partner have all the children they ever wish to have.
- ♂ He and his partner do not want to use other methods of contraception.
- ♂ When he/they feel ready for a permanent method of contraception.
- ♂ He wants to enjoy sex without fear of unwanted pregnancy.
- ♂ If further pregnancy carries a health risk to either mother or baby.
- ♂ Vasectomy is a smaller and simpler operation than female sterilisation.

Sterilisation prevents pregnancy but not sexually transmitted infections (STI's), including HIV/AIDS. Therefore, if at risk use a condom!

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