



## ALL ABOUT VASECTOMY



### What is a vasectomy?

People who do not want (more) children can have an office-based procedure to prevent causing future pregnancies. This is often called “vasectomy” and/or “sterilization.” It is convenient, highly effective, hormone-free, and not reversible. This method is permanent. If you may want to cause a pregnancy in the future, choose another method.



### How does a vasectomy work?

A person’s testicles make sperm constantly. During sex, the sperm travel through two tiny tubes called the vas deferens. As the sperm move through the vas deferens, they mix with fluid to form ejaculate (semen or “cum”).

If sperm and egg meet after ejaculation, the egg is “fertilized.” If the fertilized egg attaches to the uterus, the person becomes pregnant.



During a vasectomy, the vas deferens are cut so sperm cannot travel to the penis to meet the egg. Afterwards, the person will still ejaculate, but no sperm will leave the body.



### What happens to the sperm?

The testicles continue to make sperm, but the body absorbs them.



### Can a vasectomy be undone or reversed?

Vasectomy should be considered permanent. It is very difficult and expensive to reverse. Even though the vas deferens can sometimes be reconnected or sperm cells removed with a needle and syringe, pregnancy may still not be possible.



Some people may regret having had a vasectomy, even years later. You should think carefully before having a vasectomy, especially if you are young or have not had children.

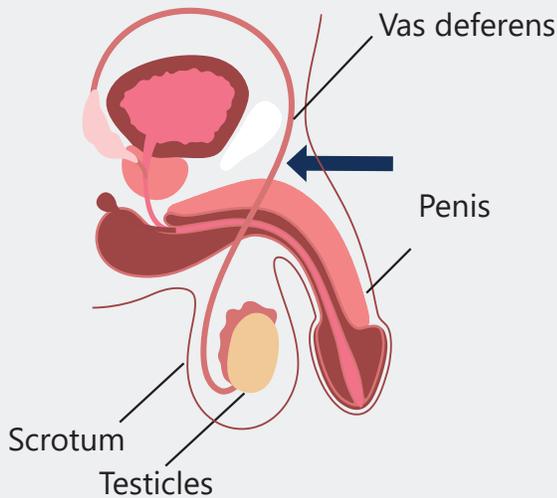


### How is a vasectomy done?

This surgical procedure is done in a doctor’s office or clinic using local anesthesia to control pain. First, medicine is used to numb a part of the scrotum. Then the health care provider makes one or two small cuts in the skin of the scrotum (the skin sac that protects and supports the testicles and helps regulate their temperature) to reach the tubes called the vas deferens that carry the sperm. After each vas deferens is tied and cut, the skin is closed.

After this procedure, a sperm count is needed to make sure there is no sperm in the semen (ejaculation fluid).

## Male Reproductive Anatomy



In a vasectomy procedure, the vas deferens tubes are tied and cut. This stops sperm from meeting egg and prevents pregnancy.



### How much does vasectomy cost?

All forms of birth control, including vasectomy and sterilization, are free with Family PACT.



### Is vasectomy the same as castration?

No. Vasectomy is simply cutting and blocking the tubes that carry sperm from the testicles to the penis. Castration is a procedure in which the testicles that create sperm are removed. During a vasectomy, the testicles are *not* removed.



### What are the risks involved in a vasectomy?

Any procedure carries some risk and can cause health problems.

Minor problems may include soreness, swelling, or bruising of the scrotum. These usually go away in a few days without any treatment.

Serious problems are rare. They may include infection or bleeding inside the scrotum.



### When can I have a vasectomy?

The procedure can be done at any time you want, 30 days after you sign a consent form.



### What will I feel during a vasectomy?

Most people say they feel a brief sharp stinging when the local anesthetic is given, and not much more once the anesthetic starts to work.



### What should I expect after a vasectomy?

You will go home an hour after the procedure. You will want to take it easy for a few days. Your health care provider will give you instructions for follow-up care.



Vasectomy has **NOT** been shown to cause cancer, heart disease, or other unhealthy conditions or health problems.

Vasectomy will **NOT**:

- » Protect against sexually transmitted infections (STIs).
- » Change the ability to “get hard” or have an erection.
- » Change the ability “to come” or ejaculate.
- » Change your sex drive or desire. Some people may enjoy sex more because they no longer have to worry about their partner getting pregnant.
- » Change the amount of the male hormone called testosterone in your body.
- » Increase the risk of heart disease.
- » Increase the risk of prostate cancer.



### When can I start having sex again after a vasectomy?

You can start having sex as soon as you feel comfortable. But you still need to use a back-up form of birth control, like condoms, until your sperm count shows there are no more sperm in your semen.





## How soon will I be able to stop using other birth control?

You can stop using other forms of birth control when there are no more sperm in your semen. It usually takes 15-20 ejaculations to remove all the sperm.



## How well does a vasectomy work?

Vasectomy is a very effective way to prevent pregnancy. Fewer than 1 in 100 sexually active women whose partner had a vasectomy get pregnant in a year. However, there is still a very small chance of pregnancy after a vasectomy. Be sure to have your semen tested after the procedure.



## Will a vasectomy protect me from STIs and HIV?

No. Vasectomy will **NOT** protect you from STIs like chlamydia, gonorrhea, genital warts, herpes, syphilis, or human immunodeficiency virus (HIV). To protect yourself, you should use an external or internal condom every time you have sex, even if you have had a vasectomy.



## Are there any forms to fill out?

You must sign a consent form at least 30 days before the procedure. You do not need permission from your partner or anyone else, and you may change your mind any time before the operation.

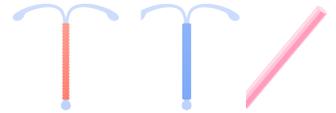
To be covered by Medi-Cal or Family PACT, you must be at least 21 years old, mentally competent, and able to understand the consent process.



## What are other highly effective ways to prevent pregnancy?

Female sterilization is a surgery in which the fallopian tubes that carry the eggs from the ovaries to the uterus are cut or the ovaries are removed. Vasectomy is safer, simpler, and less expensive than female sterilization.

Contraceptive implants and intrauterine devices (IUDs) are also highly effective, can be hormone-free, and can be safely used for many years. When someone stops using an IUD or implant, they are then able to get pregnant.



## Who is a good candidate for vasectomy?

Vasectomy may be a good choice if:

- » You do not want any (more) children.
- » You cannot or do not want to use another form of birth control method.
- » Pregnancy would be dangerous to your partner's health or a baby's health.
- » You have a medical problem that you do not want to pass on.

Talk to your health care provider to make sure it is the right choice for you.



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