



## INSTRUCTIONS BEFORE VASECTOMY

1. If your partner has already had a tubal ligation (female sterilization), or if she is pregnant now and may have a tubal ligation during a Caesarean delivery, please tell our staff that you would like to speak with Dr. Randeve before your vasectomy.
2. So that you are confident in your decision to proceed with a vasectomy, understand there are alternatives to vasectomy such as condoms, spermicides, female contraceptives including birth control pills, injections, IUDs.
3. Understand the Instructions Following Vasectomy, so that you know what to expect.
4. Please shave the underside of the penis and the front wall of the scrotum on the evening before your vasectomy.
5. Use no powder or deodorant in the genital area on the day of your procedure.
6. Please wear a scrotal support (jock strap) or very tight underwear to the office on the day of your vasectomy.
7. Be prepared to sign the operative consent sheet upon your arrival in the office.
8. Driving home: It is not required, but if possible, arrange to have someone drive you home. Some patients (1 in 200) pass out during or minutes after their vasectomies, and a few patients have passed out in the car while being driven home. If you must drive yourself, drive in the right lane, so that you can pull over at the slightest hint of delayed lightheadedness. Also, a flat tire or fender bender could lead to complications.
9. Plan to do nothing but recline at home on the evening of the vasectomy.
10. Do not take any aspirin-containing medication for five days before the procedure.
11. If you are taking TESTOSTERONE for "low T" please list it as one of your medications when you do the Registration form.
12. Eat before your procedure, a normal breakfast or lunch. Nervous men who do not eat beforehand are more likely to become lightheaded during or after their vasectomies.