Vasectomy

A permanent method of contraception for men

What is it?

A vasectomy is a minor procedure in which the tubes that carry sperm from the testicles (the vas deferens) are cut, blocked or sealed. It is done under local anaesthesia, so the area is numbed, and usually takes 20 to 30 minutes.

Good to know

- It is permanent. Reversal is not always possible or successful, so be sure before you go ahead.
- Once tests confirm it has worked, it is one of the most effective forms of contraception.
- It does not affect your sex drive, erections or ability to ejaculate.
- It does not protect against sexually transmitted infections.

Before your procedure

- Tell your doctor about all medicines, especially blood thinners.
- Wear or bring snug, supportive underwear.
- Arrange for someone to drive you home.

On the day

- Your doctor will explain the procedure and ask you to sign a consent form.
- You stay awake. The local anaesthetic numbs the area, so you may feel some pulling but should not feel pain.

Afterwards

- Mild pain, swelling and bruising are common for a few days. Rest, supportive underwear and a cold pack wrapped in a cloth can help.
- Most men return to light work within 2 to 3 days. Avoid heavy lifting and sport for about a week.
- **You are not sterile straight away.** Keep using other contraception until a semen test, usually about 12 weeks later, confirms there is no sperm.

Get medical help straight away if

You have severe or increasing pain or swelling, bleeding that does not stop, or a high temperature.

Questions about your procedure?

For more information about the specifics of your procedure, please call our reception on **083 323 8990** or email **reception@odt.com.na**.