



**METRO**UROLOGY

## **PRE-VASECTOMY INSTRUCTIONS**

1. Make sure you know your appointment time. Please reschedule if you think you may not be able to make your scheduled time; other men may be waiting for your time slot.

APPOINTMENT DATE: \_\_\_\_\_

APPOINTMENT TIME: \_\_\_\_\_

2. Do not take aspirin, ibuprofen, or Vitamin E for 7 days prior to the vasectomy. If you are taking Coumadin, Warfarin, Plavix or other medication that prevents your blood from forming blood clots you must discuss this with your physician to decide when to stop these medications.
3. Wear comfortable clothing to the procedure.
4. Bring an athletic supporter or supportive underwear to wear home.
5. Buy some antibiotic ointment (Bacitracin, Neosporin, generic) to put on your incisions for a week.
6. You may eat normally on the day of your vasectomy unless told otherwise.
7. Please shave the front of the scrotum at home prior to procedure.
8. It is preferable to have someone drive you home after your vasectomy, but it is only mandatory if you are being sedated.
9. Plan on resting for 48 hours after your vasectomy. Most men do not work for at least 2 days following a vasectomy. Do not plan any heavy physical activity (e.g. sports, yard projects) for at least 7 days after your vasectomy.
10. Please arrive 15 minutes ahead of your appointed vasectomy time so that any questions can be answered and you can review and sign your consent.