



**Royal Berkshire**  
NHS Foundation Trust

# **Advice following a vasectomy**

Adult Day Surgery Unit

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## **This leaflet gives advice to aid your recovery following your procedure on the Adult Day Surgery Unit (ADSU).**

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### **After the operation**

- It is normal to experience a moderate amount of bruising / swelling for up to three days after the operation.
- To help reduce this, it is important when you leave hospital to:
  - Rest quietly for three days.
  - Wear supportive underwear (day and night) for one to two weeks following the operation.
- You may also experience an ache in the lower part of your abdomen. This should go away of its own accord after three days. You can take your normal painkillers to relieve this.
- If you have any stitches, these will dissolve so will not need to be removed.
- Please take a bath / shower 24 hours after the operation and a daily bath / shower thereafter, to keep the wound clean.
- It is advisable to stay off work for three days following the operation. You may need to refrain from work for longer than this, depending on the healing process and your type of work. Please make an appointment with your GP if this needs to be reviewed.
- Avoid heavy lifting for approximately two weeks after the operation.
- Avoid contact sports for three weeks.

## **Post vasectomy tests**

- You will need to provide a sample of seminal fluid four months following your vasectomy.
- You will be given a bottle and informed where this sample needs to be dropped off at.
- **Do not collect the sample in a condom** (they are made from material that destroys the sperm, so accurate analysis will not be possible).
- The consultant will write to you when the result is back (usually around three weeks later).
- **You are advised to continue to use your usual contraceptive method until you receive the test results.**

**If there is anything you do not understand or if you have any questions or concerns, please feel free to discuss them with your nurse.**

## **During the first 24 hours following your discharge**

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622.

Opening hours are 7.30am to 10.00pm Monday-Friday. If you need help/advice outside these hours, please telephone the Royal Berkshire Hospital switchboard on 0118 322 5111 and ask for the on-call surgery doctor.

Please note that this should be for emergencies only.

**After 24 hours, please seek advice from your GP or call 111.**

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

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Next review due: January 2027