BEFORE YOUR VASECTOMY – INFORMATION SHEET

It is important that you follow these instructions before your vasectomy procedure

The week before:

- DO NOT take aspirin or ibuprofen for at least 7 days before your procedure as this can increase the risk of bleeding
    - You can safely take paracetamol (Panadol) for pain if needed

The day before:

- DO NOT drink alcohol for at least 24 hours before your procedure

The evening before:

- Trim the hair of your entire pubic area with small scissors or hair clippers
    - DO NOT shave the area
    - Any additional shaving (if required) will be performed at the clinic immediately before your procedure

On the day of your procedure:

- Shower on the day of the procedure and wash your pubic area with soap and water
- Wear firm fitting underwear on the day
    - DO NOT wear loose fitting briefs or boxer shorts
- If you have regular medications, make sure you take them as usual on the day of the procedure
- Make sure you have had something to eat and drink before your procedure
- Ensure you have arranged for your transport home from the clinic
    - You SHOULD NOT drive on the day of the procedure

If you have any questions about preparing for your vasectomy procedure:

- Call our nurse on 4880 1686
- Please note that you will be in the clinic for approximately 1 hr (includes procedure, observation and discussion of aftercare)