

A.Z. Beshai, MD | Caleb Stepan, MD | Kurt Strom, MD | Laurel Bartholomay, MD | Mark Nishiya, MD, FACS | Michael Murray, MD | Nicholas Westfall, MD |
Timothy Vanadurongvan, MD | Kyle Delong, PA-C | Lauren Holmes, PA-C | Zephaniah Quigley FNP | Michelle Mason, PA-C

Pre & Post-Vasectomy Instructions

Pre-Vasectomy Instructions

1. Do not take aspirin, ibuprofen, Aleve, Vitamin E or any other blood thinning products 5 days prior to your vasectomy (See the attached list for a list of common blood thinners)
2. Shower the morning of your vasectomy, **please do not shave the scrotum prior – this increases the risk of infection.**
3. Eat a light breakfast or lunch prior to the vasectomy.
4. Fill your prescriptions prior to your vasectomy.
 - a. Take 1 antibiotic pill 2 hours before vasectomy and finish as instructed after.
 - b. Take 1 Valium 1 hour before vasectomy if prescribed by your provider.
5. Arrive at the office 30 minutes prior to your scheduled appointment time.
6. You must have someone to drive you. You are not to drive for at least 6 hours after the vasectomy.
7. Bring a jock strap or tight jockey shorts to wear after the vasectomy. **DO NOT** bring boxer shorts to wear after the procedure.
8. **Be prepared to leave a urine specimen.**

Payment is due at time of service.

ONLY THE PATIENT IS ALLOWED IN THE SURGERY ROOM

LIST OF BLOOD THINNING MEDICATIONS

Let us know if you have been on any of these in the last 7 days

4Way Cold Tabs A.S.A.	Cinnamon	Fenoprofen	Mg Salicylate	Red Wine
Advil	Clinoril	Feverfew	Micrainin	Relafen
Alcohol	Codeine	Fiorinal	Midol	Rexolate
Aleve	Congesprin	Florinal Tabs	Mobidin	Robassal
Alka Seltzer	Cope	Florinal w/Codeine	Monogesic	Robaxisal
Amigesic	Coricidin	Flubiprofen	Motrin	Roxiprin
Anacin	Coricidin ID	Froben	Na Thiosalicylate	Rufin
Anaprox	Corticosteroids	Garlic Capsule	Nabumetone	Saleta
APC	Coumadin	Gelpirin	Nalfon	Salflex
Argesic	Darvon ASA	Genpril	Naprosyn	Salsalate
Arthropan Liquid	Darvon Compound	Genprin	Naproxen	Salsitab
Arthra G	Dasin	Ginko Biloba	Norgesic	Sine Aid
Arthrotec	Daypro	Glucosamine	Norwich Ex. St.	Sine Off
Ascodeen	Depakote	Goody's Body Pain	Nurpin	Soma Compound
Ascriptin	Dexamethasone	Halfprin	Nyquil	Sulindac
Ascriptin w/Codeine	Diclofenac	Haltran	Nytol	Synalgos DC
Aspergum	Diflunisal	Ibuprin	Ocufen	Talwin
Asprin	Dipyridamole	Ibuprofen	Omega 3	Tanacetum Patheniul (feverfew)
Asprimox	Disalcid	Ibuprohm	Orudis	Tolectin
Axone	Doan's Pills	Indameth	Oruvail	Tolmetin
Baby Aspirin	Dolobid	Indocin	Oxybutazone	Torado!
Bayer	Dristan	Indomethacin	Oxyphenbutazone	Trandate
BC Powder/Tablets	Duoprin-S	Ketoprofen	Oxyprozin	Trenden
Bromo-Seltzer	Duradyne	Ketorolac	Pamprin	Trental
Brufen	Duragesic	Lanorinal	Pamprin	Trigesic
Bufferin	Dvialproex	Lodine	Pepto-Bisma!	Trilisate
Bufferin w/Codeine #3	Easprin	Lortab ASA	Tusal	Vanquish
Buffex	Ecotrin	Lovenox	Percodan	Vitamin B12
Buffinol	Emperin w/Codeine	Magan	Persantine	Vitamin B6
Butazolidin	Empirin	Magnesium	Persantine	Vitamin E
Cama Arthritis	Emprazi!	Magsal	Phenaphen	Voltaren
CataFlam	Endodan	Marnal	Phenaphene	Warfarin
Celebrex	Enoxaprin	Marthritic	Phenylbutazone	Willow Bark
Cephalgesic	Epromate	Meclofen	Piroxicam	Zactrin
Cheraco! Camps	Equagesic	Meclofenamate	Plavix	Zaorpin
Children's Aspirin	Etodolac	Medipren	Ponstel	
Choline Salicylate	Excedrin	Mefenamic	Prednisone	
	Feldene	Menadob	Quagesic	

Post-Vasectomy Instructions

1. Wear jockey shorts or an athletic supporter for several days, as long as you are more comfortable with them than without.
2. Avoid strenuous physical exercise for 5-to-7 days. You may perform all other normal activities.
3. Shower daily beginning the day of the procedure, **no baths or hot tubs for two weeks.**
4. All stitches will dissolve by themselves and do not require removal. If a stitch comes away prematurely, the incision may open a little and a small amount of discharge from the wound or slight amount of bleeding may develop. Do not worry about this. Continue to shower as before and place a small gauze sponge over the incision and inside the supporter. You may wear this until the incision heals.
5. If you have pain or discomfort immediately after the vasectomy, one or two Motrin or Advil tablets taken at 4-to-6 hour intervals are usually enough to provide relief, but do not exceed more than six tablets in 24 hours. If the pain is significant, then you may take one or two Vicodin every 4-to-6 hour. Please be aware that Vicodin can cause constipation and you may not drive or consume alcohol when taking this medication.
6. An ice bag or plastic bag filled with ice should be applied to the scrotal incision area for 15 minutes every 1-to-2 hours while awake during the first 24 hours.
7. A small amount of bruising (enough to stain the dressing), some tenderness, and mild swelling at the incision(s) site are not unusual and should go away within 72 hours. However, if there is an unusual amount of pain, continued bleeding, increased swelling at the incision site and/or of the scrotum, please call our office at **(970) 243-3061.**
8. Ejaculation must be avoided for 7 days after your vasectomy. You can resume sexual activity after 7 days, but the use of contraception (condoms, birth control, etc.) is recommended until no sperm is observed during the post-vasectomy semen analysis.
9. Semen analysis should be done after 30 ejaculations and at least 8 weeks post-vasectomy. The specimen should be obtained in a sterile container with a lid. The ejaculate should be obtained by masturbation only and the entire ejaculate must be collected. Be sure to write your name and date of birth on the container. Deliver the specimen cup and lab slip to the lab within 30 minutes of collection. The specimen should be kept at body temperature during transportation. To ensure this, keep it close to your body or in your pocket. Make sure you know the hours of operation of the laboratory. We will call you with the results.



LABORATORY SERVICES

2635 NORTH 7TH STREET

GRAND JUNCTION, CO 891501

PHONE: (970) 298-2071 FAX: (970) 298-2286

SEMEN ANALYSIS PATIENT INFORMATION:

Your doctor has requested a semen analysis. This is an examination of your semen ejaculate which can provide valuable information about the quantity and quality of spermatozoa and the secretory function of the accessory genital glands. These are important parameters regarding human male fertility or the effectiveness of a vasectomy. Factors influencing this analysis include: infections, hormone levels, medications, time since collection and the temperature of the semen sample during transportation to the laboratory.

To obtain the best possible results from this examination, the following instructions must be followed carefully:

1. Refrain from sexual intercourse and masturbation for 3 days, but no longer than 5.
2. Produce sample by masturbation only; contact your physician if this is not possible.
3. Do not use a condom or artificial lubricants to collect the sample; these products may contain agents that will interfere with the results.
4. Collect a sample in a container provided. It is important that the whole sample be collected, if not, please explain on the following page.
5. Write your full name and date of birth on the container.
6. Note the date and time collected on the following form.
7. Within 30 minutes and no later than one hour after collection, bring the sample and the included paperwork as well as your physician order to the laboratory. Analysis is inaccurate if the specimen is not received within this time frame and repeat testing may be required.
8. During transportation it's very important to keep the sample at body temperature. Keep the sample close to your body in a pocket or under your clothing.

Bring your sample to main hospital, main floor laboratory

Days and hours of testing at St. Mary's Hospital Laboratory:

7am –1730 (530pm) Monday –Friday

0900 –1600 (4pm) Saturday –Sunday

Results will be sent to the ordering physician.

Please ask your physician's office when it is the best time to call them for results.