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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.