

- Vasectomy is 99.8% effective
- Over 15 million men have had NSV
- Vasectomy is safe, simple, and inexpensive

### How will vasectomy affect me?

Vasectomy is not castration. Vasectomy only interrupts the tubes that carry sperm from the testes to where they are added to your semen. Your penis and testes are not altered. All hormonal and sexual functions are completely unaffected, so your voice, body hair, and interest in sex remain the same. Your body still produces semen, and erections and ejaculations occur normally. The only difference is that your semen will no longer contain sperm. As before, the body naturally absorbs unused sperm.

### Can I discontinue other birth control methods right away?

No! Sperm can remain in the vas deferens above the operative site for weeks or even months after vasectomy. You will not be considered sterile until two post-surgical semen tests have shown that no sperm remain. Until then, you must continue to use other birth control to prevent pregnancy.

### Is vasectomy painful?

No. You may feel mild discomfort when the local anesthetic is given. After it takes effect, you should feel no pain, though some men feel a slight 'tugging' sensation as the vasa are manipulated. After surgery you may be a little sore for a few days. Generally, two to three days rest is recovery enough before men return to work and most normal, non-strenuous physical activity. Sex can usually be resumed 7 days after the procedure.

### Does Vasectomy pose long-term health risks?

Many studies have looked at the long-term health effects of vasectomy. The evidence suggests that no significant risks exist. Men who have a vasectomy are no more likely than other men to develop cancer, heart disease, or other other health problems (*Vasectomy Guideline of the American Urological Association*).

In 1993, a panel assembled by the National Institutes of Health, the Association for Voluntary Surgical Contraception, and the National Cancer Institute reaffirmed that conclusion. The panel advised that physicians continue to offer vasectomy and that all men, vasectomized or not, receive the same regular screening for prostate cancer and other illnesses.

### Can vasectomy be reversed?

In many cases, it can be. However, it does not guarantee returned fertility. *This procedure is intended for men who feel 100% confident they no longer want to have children.*

### Before Surgery

1. If you have not already done so, sign the elective surgery informed consent form.
2. Do not consume any aspirin or NSAID's for 10 days prior to surgery without prior medical approval. Taking aspirin or NSAID's increases the risk of bleeding.
3. The day before, trim or clip away the hair from the front of the scrotum below the penis.
4. To reduce the risk of infection, thoroughly bathe the scrotum and groin the day before and the morning of the surgery.
5. Several hours before the surgery, take any preoperative medications as directed.
6. Bring with you a clean athletic supporter.

# No-Scalpel Vasectomy

Your guide to a safe, innovative procedure.



CARE YOU DESERVE. EXPERTS YOU TRUST.

## How Safe and Effective is a Vasectomy?

Vasectomy is one of the safest and most effective methods of permanent birth control. About 500,000 men in North America choose vasectomy each year because it is much safer and less expensive than the other most common contraceptive surgery, tubal ligation.

A standard vasectomy blocks the vas deferens and prevents sperm from being added to man's ejaculation fluid, semen. After a local anesthetic is given and one or two incisions are made in the scrotum with a scalpel, the two vas deferens are revealed, cut, and blocked. The incisions are then closed with sutures.

## No-Scalpel Vasectomy

Developed in China in 1974, the No-Scalpel Vasectomy (NSV) uses an advanced technique to anesthetize the scrotum and requires no scalpel. Instead of incisions, a puncture is made through the scrotal skin overlying the vas deferens. Then, the skin is gently spread only until both vas deferens can be visualized.

### A Safer, Less Invasive Procedure

Using the fingers of one hand, the physician carefully isolates the vas deferens to avoid complex surgery. The vasa are then fixed just below the scrotal skin. A single small opening in the skin is made with a pointed forceps. The vasa are then delivered through the skin, cut, and sealed.

## Benefits

- No Stitches or Sutures Needed
- Overall satisfaction in sex
- Quick recovery time
- Few post-procedure complications

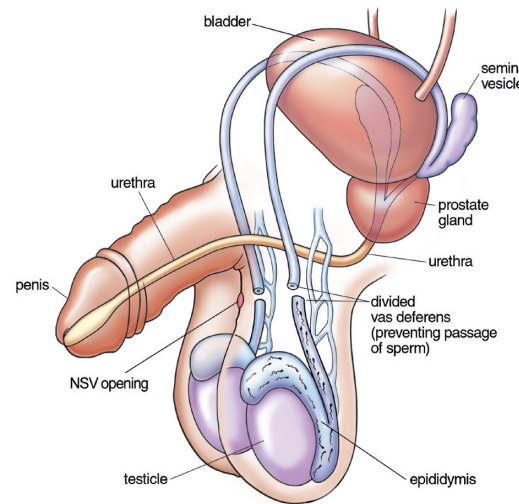


Image Courtesy of Advance Meditech International, Inc. (Vasectomystore.com)

## Potential Side Effects/Complications

Typically, a no-scalpel vasectomy does not have any major side effects and is only linked to a very small chance of infection and little pain. You may experience a reaction to the local anesthesia.

There is a tiny chance of developing **sperm granuloma** — a hard, sometimes painful pea-sized lump due to the sperm leaking out from the open-ended vas deferens.

The lump is *not* dangerous, rarely symptomatic and is almost always resolved by the body in time. Plus, it may actually serve a protective feature to the testis and epididymis. The granuloma is rich in epithelial-lined channels that may vent leaking sperm away from the epididymis and protect against increased pressure from sperm blockage.

## Advantages

- Men may be more willing to seek this procedure because it sounds more appealing
- Less invasive
- Sexual activity may be resumed as soon as you feel comfortable
- No stitches or scarring
- 40-50% quicker recovery with little pain
- Doesn't lower sex drive
- Less chance for bleeding complications
- Long-term, discreet contraceptive option
- Highly effective
- Lower risk of infection (due to smaller wound, no long incision)

## Disadvantages

- Still considered a surgical procedure (but is done on an outpatient basis)
- Requires hands-on training and lots of practice before surgeons gain proficiency in this technique
- Procedure may require men to use a back-up method of birth control for the first 15 to 20 ejaculations (or about 12 weeks) after the procedure
- Offers no protection against sexually transmitted infections or HIV
- Must schedule an additional doctor's visit to make sure that there are no more sperm present in your semen