

**Manhattan Gramercy Park**

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[www.aucofnny.com](http://www.aucofnny.com)[nyadvancedurology.com](http://nyadvancedurology.com)**Interactive PDF Form**Steven M. Berman, M.D.  
Mark Stein, M.D.**VASECTOMY INSTRUCTIONS (1 of 2)**

This booklet contains important information concerning your planned biopsy. Please take time to review this material thoroughly. If you have any questions, please call our office.

**Appointment:**

Day: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**Location:** 201 East 19th Street, New York, NY 10003 Hospital**What You Need To Do Before Your Vasectomy:**

Tell your doctor about all prescriptions and over the counter medications you are taking. Some medications such as Anti-inflammatory (used for arthritis and pain) and blood thinners increase your risk of bleeding from the vasectomy. At least 7 days before your vasectomy, please stop all blood thinning medications and supplements. Common types of blood thinners include Plavix, Aggrenox, aspirin, Coumadin, anti-inflammatory medications such as Motrin, Vitamin E and Fish Oil. A more complete list is provided below. Please check with your primary care physician or cardiologist before stopping any of these medications.

Advil	Cough/cold remedies	Flexeril	Naproxen
Aggrenox	Coumadin	Ibuprofen	Plavix
Alieve	Cyclobenzaprine	Indocin	Pletal
Anacin	Daypro	Indomethacin	Relafen
Anaprox	Diclofenac	Ketorolac	Tramadol
Aspirin	Dipyridamole	Lovenox	Toradol
Azulfidine	Ecotrin	Meloxicam	Voltaren
Bufferin	Enbrel	Mobic	Warfarin
Celecoxib	Enoxaparin	Motrin	Xarelto
Cilostazol	Etodolac	Naprosyn	
Clopidogrel	Excedrin	Nabumetone	

If you are currently taking Celebrex, you can continue taking this medication.

**Please Arrive 30 Minutes Prior to Your Procedure Time!**

Arrange to rest and be off from work for 2-3 days after the vasectomy.

Most men may return to work the next day but have the flexibility to take 2-3 days off if needed.

**The Day of the Vasectomy**

- Shave all hair from 1 inch above the base of the penis to 2-3 inches below scrotum.
- Wear or bring close-fitting underwear that will support the scrotum.
- Wear comfortable trousers.
- Eat a light meal



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Steven M. Berman, M.D.  
Mark Stein, M.D.

## VASECTOMY INSTRUCTIONS ( 2 of 2)

### Post-Vasectomy Instructions

- Wear close-fitting underwear for 2-3 days.
- Placing an ice pack (or frozen peas / vegetables) on your scrotum may minimize swelling during the first 24 hours. (30 minutes on / 30 minutes off)
- Take pain medication as needed.
- You may take showers beginning the day after the procedure , but avoid soaking the scrotum in baths, swimming in pools or hot tubs for the first 4 days.
- Limit activity for the first 48 hours following procedure, avoid any heavy lifting, pushing or straining.

You can expect some bruising and redness at the site of the incision. The sutures in your incision will dissolve and fall out within 5-14 days. There may be some yellow or white discharge from the incision as the sutures dissolve, this is normal. You may notice a small open gap at the site of the incision after the sutures fall out. This is normal and will close up over time. You may notice some firmness in and around the incision site; it will soften, flatten and return to normal over time.

### Follow-Up Semen Test

A vasectomy does not make you immediately sterile. It takes up to 3 months (20 ejaculations) for all the sperm to leave your body.

**It is critical that you continue to use another form of birth control until a semen analysis shows no sperm.**

### Complications

Contact our office immediately at 212-673-7300 if you experience any of the following complications:

- Temperature (taken by mouth) above 101.5° F
- Significant increase in scrotal size
- Redness or swelling that does not subside
- Difficulty urinating