

**Herman C. Kwan** Inc BSc MD FRCSC  
Specialist in Urology, Laparoscopy and Endourology

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**PATIENT INSTRUCTIONS FOR VASECTOMY:**

1. Please shower on the morning of the procedure.
2. Please trim pubic hair fairly short. You do not have to shave the hair to the skin level.
3. Please arrange a ride home from the hospital. There is a very small chance of experiencing a fainting spell after this procedure. You must not drive home. You must not drive for several hours afterwards.
4. When you arrive at the hospital, register at the Admitting Department. From there you will be directed to the Surgical Daycare Department.
5. You will notice 2 small puncture holes in the scrotum. Occasionally you can ooze a drop of blood from these. This is of no concern.
6. You are still fertile after the procedure and must use alternative birth control methods until your semen analysis is done.
7. It takes about 15 ejaculations to clear the remaining sperm cells from the semen. This must be confirmed with a semen analysis. A container and requisition will be provided to you at the time of the vasectomy. Six weeks after the vasectomy, please bring a semen sample together with the requisition to any Biomedical Lab or Lifelab. You do not need to rush in with this as we are only interested in the absence or presence of sperm cells, not their motility. Contact us to make an appointment for one week after the lab test to get results.
8. You will be given a prescription for Tylenol #3 after the procedure. Please take as required. you should try ibuprofen (Advil, Motrin, etc.) first as this may provide enough relief. Take as directed on the container.
9. Please contact my office if there is a problem (604-536-1801). After hours go to the Peace Arch Emergency Department where the Urologist on call will be contacted if necessary.
10. Wear brief or jockey underwear to the hospital rather than boxer style underwear.