

This document is meant to be a general educational resource for Dr. Tatem's patients undergoing vasectomy and its guidance will apply to most patients in most situations. If Dr. Tatem provides personalized instructions, please write these down on the bottom of this document and follow them.

Please read this document in its entirety as it will answer many common questions before and following vasectomy.

A) Medications Following Your Procedure

- Our office will call in the medications you will need following your vasectomy some time the week before your procedure date. Please pick these up as soon as they are available and **bring them with you** on your vasectomy date so you can review them with our staff.
- Depending on your insurance, the pharmacy may state that a 'prior authorization' is required prior to filling your prescription or that they are 'waiting to hear back from our office'. **Our office does NOT submit prior authorizations for these medications.** If your pharmacy tells you either of these things, please download the smartphone app 'GoodRx' (www.goodrx.com) and use the provided coupon for an affordable cash price. Your pharmacy can help you with this process. You may need to ask your pharmacy to send the script to a different pharmacy to get the best price (Kroger is typically the cheapest).
- Dr. Tatem's office strongly believes in a **non-narcotic** approach to pain management following vasectomy. Narcotics (such as Norco or Percocet) can lead to constipation, breathing problems, and addiction.
- Fortunately, the medications you will be given (along with practical measures such as supportive underwear and intermittent icing) have been PROVEN to provide EXCELLENT pain relief!!
- If you still feel like your pain is poorly controlled despite practical measures and the below medications, please call our office and we will provide you with a script for a 'non-narcotic narcotic' known as tramadol (aka Ultram).
- You should have been provided prescriptions for 5 different medications to take following vasectomy. These are:
 1. Celecoxib 200 mg (aka Celebrex)
 - An anti-inflammatory to reduce post-operative discomfort.
 - **You will take your first dose while in the waiting room immediately prior to your vasectomy.**

- Please take 1 capsule once daily following vasectomy. Can increase to twice daily if needed.
 - This medication is very safe, but is processed by the kidneys. As such, **if you have any sort of medical kidney disease please let our office know**. A different medication may be provided.
2. Acetaminophen 500 mg (aka Tylenol)
- Another anti-inflammatory to reduce post-operative discomfort.
 - **Please take 2 tablets while in the waiting room immediately prior to your vasectomy.**
 - Following vasectomy, please take 2 tablets once every 6 hours.
 - Can use an over-the-counter formulation if more cost-effective.
3. Gabapentin 300 mg (aka Neurontin)
- A pain medication specifically designed to address nerve pain.
 - **Please take a single capsule while in the waiting room immediately prior to your vasectomy.**
 - Please take 1 capsule every 8 hours only AS NEEDED for pain.
 - Can make you drowsy. Please do not drive or operate heavy machinery if you take this medication.
4. Cephalexin 500 mg (aka Keflex)
- Your post-operative antibiotic.
 - Please take 1 tablet twice daily for several days following your procedure.
 - **This may reduce the chance of developing infection! It is very important that you not forget this medication and take it as prescribed.**
 - If you are allergic to cephalosporins, a different antibiotic will be prescribed.
5. Docusate sodium 100 mg (aka Colace)
- A stool softener. Constipation is common after any type of medical procedure and can contribute to post-procedure discomfort.
 - Please take 1 capsule twice daily as needed for constipation.
 - You should have 1-2 formed stool each day. Please stop taking this medication if you develop loose stools.

B) One Month Prior To Vasectomy

- Please arrange to take off approximately 2 days from work following your procedure. Men should not lift anything heavier than 10 pounds for at least 1 week following vasectomy.

- If your job is physically demanding, you may need to request 'light duty' for the week following vasectomy.

C) One Week Prior To Vasectomy

- Please make sure that you arrange for transportation to and from the office on your procedure day.
- Please make sure that you have picked up your medications and make sure to bring them with you on that day. You should have 5 different medications.
- If you do not already own them, **please purchase a jock strap or tight fitting pair of underwear (baseball sliding shorts are excellent for this, <https://amzn.to/34H865Q>)**. These can be purchased at the provided Amazon link or at any sports supply store. Please bring these with you on your procedure date.
- With the approval of your primary care physician and / or cardiologist:
 - **STOP ALL ASPIRIN CONTAINING MEDICATIONS** (ex. Anacin, Excedrin, Pepto-Bismol). Check any cold or pain medication bottles to make certain they do not contain aspirin.
 - **STOP ANY BLOOD THINNING MEDICATIONS SUCH AS: WARFARIN, COUMADIN, PLAVIX, XARELTO, ELIQUIS, BRILINTA, OR EFFIENT.** Some patients may remain on blood thinners if mandated by another physician, but this **MUST** be discussed with Dr. Tatem explicitly prior to proceeding with vasectomy.

D) The Day Before Vasectomy

- Please make sure you have the following items ready to bring with you to the office:
 1. Your medications (there should be 5)
 2. A pair of tight-fitting underwear as mentioned above.
 3. A pair of LOOSE-fitting clothing. Pajama pants with a comfortable t-shirt are a good option.
 4. Your insurance card and personal identification
- **If possible, please try to shave your genitals, groin and pubic region the night before your procedure with shaving cream. The razors used in the office can cause significant itching after vasectomy and shaving yourself in the shower can reduce this.**

E) The Day Of Your Vasectomy

- Please arrive at the office approximately 15 minutes prior to your scheduled appointment time.
- Bring with you the previously mentioned 4 items.

- **After your arrival, please take 2 separate 500 mg acetaminophen tablets (aka Tylenol) for a total of 1000 mg, a single 300 mg capsule of gabapentin (aka Neurontin), and a single 200 mg capsule of celecoxib (aka Celebrex).**
- After registration, you will be taken to the procedure room and asked to change into a gown. Please remove all of your clothing from the waist down prior to putting on your gown.
- For the first 24 hours following vasectomy, please refrain from driving or drinking alcohol.
- When you get home, please drink plenty of water. If you are hungry, please start with clear liquids (sports drinks are great for this) and light foods such as jello or crackers. Avoid greasy or heavy foods.
- You should take your celecoxib, gabapentin and acetaminophen as instructed for pain. Please start your antibiotic and docusate the evening of vasectomy.

F) Recovery Following Vasectomy

- Please take your medications as prescribed. If you feel like your pain is not adequately addressed, please call our office at (317) 564-5104.
- Please keep your skin opening covered with clean gauze and please wear the supportive underwear that you purchased prior to your procedure as much as possible. This will reduce your swelling and discomfort.
- You may notice some swelling or black and blue bruising. This is very common and is almost never a reason to worry. It may even increase slightly over the next several days but will start to resolve over the following week.
- You are free to take a shower 24 hours after your vasectomy.
- Do NOT take any baths or submerge your skin opening under water for at least 1 month following vasectomy.
- You will need to apply ice packs for 20-minute intervals several times a day for the first 2 days following vasectomy to reduce swelling and discomfort. Re-using bags of frozen peas or corn is helpful for this.
- Your skin opening will close with time. A small amount of blood on the gauze pads following vasectomy is completely normal.
- Please avoid lifting anything heavier than 10 pounds for the first week following vasectomy. You may return to work as previously instructed.
- Please take your antibiotic as prescribed. This is very important. Please take your pain medication and stool softener as prescribed.

- Please abstain from all sexual contact for one week following vasectomy. This includes masturbation.
- Ejaculation may cause some discomfort in the groin and testicles following vasectomy. Men may notice blood in their ejaculate as well. This is a normal part of the healing process and will resolve with time.
- If you are experiencing significant itching following your procedure, it is permissible to use an over-the-counter topical hydrocortisone cream on affected areas **EXCEPT FOR THE SKIN OPENING**. Please do not apply any creams or ointments to the skin opening under any circumstances.

G) Your 3 Month Post-Vasectomy Semen Analysis

- It's important to remember that you are not considered sterile immediately following vasectomy. The male body has several miles of tubing that must be 'flushed' and cleared of sperm before a man can be considered sterile. We encourage men to ejaculate frequently starting 1 week after vasectomy.
- At the 3 month mark, a semen specimen should be brought to our office for fertility evaluation from our office. It is recommended that men have at least 20 ejaculations during the first 3 months following vasectomy.

H) When To Call The Office Or Go To The Emergency Room

- Fortunately, complications with vasectomy in our practice are extremely rare. That being said, keep an eye out for the following signs and symptoms. We are always happy to see our post-operative patients on a same day basis if you have any concerns about your incision.
- Although your local Emergency Room may be closer, if you are feeling well enough to see us in the clinic, we always prefer to evaluate our patients 'in-person'.
- When in doubt, come see Dr. Tatem in clinic.
- Concerning symptoms include:
 - Fevers over 101 F (38.3 C) with shaking and chills.
 - Having pain that is not controlled with your pain medication.
 - Increasing redness or pus from your incision.
 - Increasing redness or pain from the scrotum that gets worse with time.
 - Increasing swelling and pain in the scrotum larger than a tennis ball.
 - Any allergic reaction to your prescribed medications such as hives, rash, nausea, or vomiting.



**Education for Patients Undergoing Vasectomy
with Dr. Tatem**

Clinic - (317) 564-5104

Thank you for taking the time to read this important information! More information can be found on Dr. Tatem's personal website at www.alexatemd.com and our practice website www.indymenshealth.com. You can always call our clinic at (317) 564-5104.

Personalized Instructions: _____

