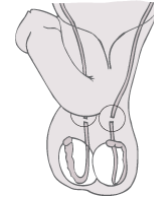


Male Sterilization



Vasectomy (Male Sterilization)

What is a Vasectomy?

A vasectomy is a sterilization technique for men. It requires minor surgery to cut the *vasa deferentia*, the tubes that carry sperm. This operation keeps sperm from mixing into the semen when men ejaculate. Without sperm, fertilization of an egg cannot occur and pregnancy is prevented. Vasectomies are usually done in a clinic or doctor's office and are much simpler procedures than female sterilization. Vasectomies are 99.9% effective as birth control. They do not protect against sexually transmitted infections, including HIV/AIDS.

Procedure

During a vasectomy, local anesthesia is used. The doctor makes a small opening in the skin of the scrotum. This allows the sperm tubes or *vasa deferentia* to be seen and cut. The procedure itself takes about 15 minutes.

Men usually rest at the clinic after the procedure. When they return home, ice packs and painkillers can ease swelling and discomfort. It is recommended that men take two days off and perform only light activities for a week. For two days, it is helpful to wear scrotal supports and not bathe. It may take a week for men to feel comfortable resuming sexual activity.

Vasectomies are not effective right away. The sperm that were already in the tubes before the operation need to be ejaculated. This may take about a month or 10 to 30 ejaculations. It is important to use another form of birth control until follow-up tests show two negative sperm counts.

Your Health

During surgery, it is common for men to feel faint. Bruising and swelling are normal and usually goes away within a few days to a week. However, men should report bleeding, pain, fever, or chills to their doctor.

Few long-term complications occur. Very rarely, the cut ends of the *vas deferens* rejoin and allow sperm to flow into the semen again. This can lead to an accidental pregnancy. Unprotected intercourse before two negative sperm counts can also lead to pregnancy.

Future Fertility

Vasectomy is a permanent sterilization technique. Reversal surgery is available, but not always effective. This procedure rejoins the cut ends of the *vas deferens*. In more than 70% of these cases, sperm can again be found in men's semen. However, pregnancy occurs less frequently. The earlier a reversal is performed, the better the rates are for restored fertility.

Sexuality

Men are able to fully enjoy sex after having a vasectomy. Hormonal levels and the feeling of orgasm stay the same. The amount of fluid men ejaculate does not noticeably change.

Advantages and Disadvantages

Advantages

- ◆ Permanent birth control
- ◆ Allows sexual spontaneity
- ◆ Requires no daily attention
- ◆ Does not affect pleasure
- ◆ Not messy
- ◆ Less complicated than female sterilization

Disadvantages

- ◆ Does not protect against sexually transmitted infections, including HIV/AIDS.
- ◆ Not immediately effective
- ◆ Requires minor surgery in a clinic
- ◆ Possible rejoining of the *vas deferens*
- ◆ May not be reversible
- ◆ Could feel regret

Deciding

Vasectomy is considered permanent sterilization. The decision to have it done should not be made lightly. Ask yourself: Would you change your mind if major changes in your life occurred, including a separation, or even the death of a partner or child? Consider as many possibilities as you can before making your decision. Know your options.

Testicular Self-Exam

One of the most common forms of cancer for men ages 15 to 34 is cancer of the testes. Men can protect themselves by performing monthly self-exams. A good time to do one is during a warm shower when the scrotal skin is relaxed. Place fingers under each testicle and gently roll the thumb over the testicle. Feel for any hard lumps. If a lump is found, make an appointment to see a doctor; the doctor will see if the lump is serious. When testicular cancer is caught in its early stages, it can be effectively treated.

Emergency Contraception

You can prevent pregnancy after unprotected intercourse by having a copper IUD inserted within one week of unprotected intercourse or by taking emergency contraception pills. The pills work best in the first 24 to 48 hours but may work for several days. You can get one brand - Plan B - from your local pharmacy without a prescription if you are 17 years or older. If you are under 17 or if you want to use your insurance, you can get the prescription right at the pharmacy by talking with the pharmacist. Go to your local pharmacy to find out more, or call Cedar River Clinics at 800-572-4223 to get Plan B in Renton or Tacoma.

To find Emergency Contraception, see this website: ec.princeton.edu. If you already have birth control pills in your possession, this website explains how to use them as emergency contraception.

Further Resources

- ◆ Vasectomy Information: www.vasectomy-information.com
- ◆ American Cancer Society Resource Center: www.cancer.org/cancerinfo
- ◆ www.vasectomy.com – info about both vasectomy and vasectomy reversal
- ◆ averting HIV and AIDS at www.avert.org
- ◆ Emergency Contraception (Plan B) at ec.princeton.edu
- ◆ Feminist Women's Health Center at www.FWHC.org and www.Birth-Control-Comparison.info
- ◆ If you are uninsured and live in Washington State, you may qualify for FREE birth control under the State sponsored program called Take Charge. Call 800-770-4334 to find out if you qualify for Take Charge.

Cedar River Clinics in Renton and Tacoma, WA make birth control and abortion accessible so that women may decide their futures. www.CedarRiverClinics.org or 800-572-4223

www.facebook.com/CedarRiverClinics