



PRE-VASECTOMY INSTRUCTIONS

WHAT TO DO:

- Understand the [alternatives](#) to vasectomy so that you are confident in your choice.
- Understand the "Post-Vasectomy Instructions" so that you know what to expect.
- Please shave the **front** wall of the scrotum and shower the hair away before coming in. The doctor can do this for you on the day of the procedure if you feel uncomfortable doing this.
- Eat a normal breakfast or lunch before your procedure. Nervous men who do not eat beforehand are more likely to become lightheaded during or after their vasectomies.
- We strongly recommend that you arrange to have someone drive you home. Some men may experience delayed light-headedness following a procedure.
- Plan to do nothing but recline at home on the evening of the vasectomy.

WHAT NOT TO DO:

- Do not use powder or deodorant in the genital area on the day of your procedure.
- Do **NOT** take any **aspirin or aspirin-containing products** for 7 days prior to your procedure. Tylenol (acetaminophen) and Advil (ibuprofen) are OK to take.

WHAT TO BRING ON THE DAY OF YOUR VASECTOMY:

- Your insurance card and photo ID.
- Payment for the procedure.
- **Wear underwear that is snug, but not uncomfortable. Briefs, boxer briefs, and athletic supporters are all fine. Do not wear boxers. You should wear this into the clinic on procedure day.**