



## 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 underside of the penis and the front wall of the scrotum, preferably the day before the procedure. The doctor can do this for you on the day of the procedure if you prefer.
- Eat before your procedure - a normal breakfast or lunch. 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-containing or nonsteroidal anti-inflammatory medications such as ibuprofen (Motrin, Advil) or naproxen (Aleve), for five days before the procedure.

### WHAT TO BRING ON THE DAY OF YOUR VASECTOMY:

- Bring an athletic supporter or snug/supportive underwear (ie not boxers).
- Your insurance card and photo ID.
- Payment for the procedure.
- If you wish, you may bring music of your choice on a bluetooth enabled device. It should be something that you find relaxing.