

# Preparing For Your Vasectomy

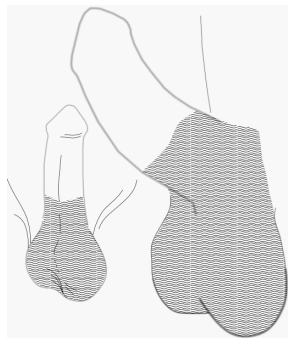
## Information for patients

---

You have been sent an appointment for your vasectomy operation. If for any reason you cannot make this appointment, please let the clinic know on 0131 536 1512 as soon as possible. The appointment will usually last approximately 1 hour.

### Please read the following instructions carefully:

- Plan your time off – usually 2-3 days but longer (1-2 weeks) if you have a more physical job
- Shave the skin on the scrotum (sac) and around the base of the penis the night before your procedure (see picture below)
- Shower or have a bath before the procedure
- Do not use any lotions or creams on your skin on the day of the procedure
- Wear tight underwear/cycling shorts to your procedure and have more at home for the following days
- Have ice packs/frozen peas and painkillers ready at home
- As long as you have no allergies/medical reasons not to, it is advisable to take simple painkillers (paracetamol 1g and/or Ibuprofen 400mg) about one hour before your appointment
- Eat and drink as normal on the day
- Ensure you have someone to collect you after the procedure.



Area to be shaved

### To prepare for this appointment it is very important to:

1. Watch the vasectomy video on the Lothian sexual health website. Search for the link below or scan the QR code with your camera on your phone:  
[www.lothiansexualhealth.scot/specialist-services/vasectomy/](http://www.lothiansexualhealth.scot/specialist-services/vasectomy/)
2. Read the information sheet found on the same page as the video.
3. Read and consider the consent form - you will be asked to sign this at the time of the procedure.

