



## **Pre Vasectomy Instructions**

- 1) Do not take any medications that can thin your blood - aspirin or aspirin-containing cold medications, etc. two weeks prior to having the vasectomy done.
  
- 2) Shower the night before and again just prior to coming in for your vasectomy using a good antibacterial soap like *Dial* or *Safeguard*.
  
- 3) Bring a jock strap with you to the office to wear home after the vasectomy. These can be purchased reasonably at *Wal-Mart*, *Farm and Fleet*, etc..
  
- 4) Fill the enclosed prescriptions several days prior to your appointment and take the medications as follows:
  - a) Ativan \_\_\_\_\_ mg. 1 hour prior to coming to the office.
  
  - b) Motrin \_\_\_\_\_ mg. at bedtime the evening before, first thing in the morning and again 1 hour prior to coming to the office.
  
- 5) Have someone drive you to the office who will stay and then drive you home after the procedure because of the Ativan you will be taking.
  
- 6) Make sure you have enough ice cubes at home *prior to the procedure* to keep an ice bag on your scrotum for 6-8 hours after returning home.
  
- 7) Remember that you must be inactive for about two days after the procedure to avoid complications - *plan your home schedule accordingly!*
  
- 8) Remember that this is a permanent form of birth control - if you change your mind about having the vasectomy done please call to cancel your appointment *at least 48 hours prior* to the scheduled time.
  
- 9) Your scheduled appointment is \_\_\_\_\_ @ \_\_\_\_\_  
Please be on time.