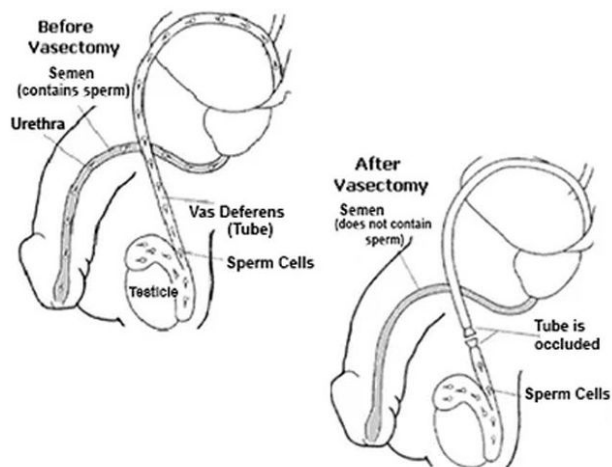


# Vasectomy

## What Is a Vasectomy?

A vasectomy is a surgical procedure that is performed on an individual with a penis. It blocks the right and left vas deferens to prevent sperm from entering into the ejaculate (the fluid that leaves the penis during ejaculation).

An individual with a penis who has had a vasectomy can still ejaculate. However, the ejaculate will contain no sperm. Though vasectomies prevent pregnancy, **it does not prevent sexually transmitted infections (STIs).**



## How Does a Vasectomy Prevent Pregnancy?

During ejaculation, sperm and liquid from the seminal vesicles mix to produce semen. When the vas deferens is cut, sperm cannot get into the ejaculate, and therefore cannot meet with an egg. Sperm is still produced, but it is absorbed by the body.

## **How Effective Is a Vasectomy?**

Vasectomies are 99.9% effective and are meant as a permanent form of contraception. It is sometimes reversible; however, the procedure to reverse a vasectomy is difficult, risky and costly.

Since a Vasectomy only protects against pregnancy, **condoms should be used consistently and properly for protection against sexually transmitted infections.**

## **How Do I Get a Vasectomy?**

If you have decided to get a vasectomy, you will need to talk to your doctor, who may be the one to perform the surgery, or may refer you to a urologist. The doctor performing the procedure will meet with you first to go over any questions or concerns.

The surgery is usually done at the day surgery unit as it is very short and only requires local anesthesia. A cut may be made in the vas deferens and then sealed off, or the vas deferens may be punctured instead of using a scalpel. Both procedures are equally effective, and the no scalpel method has fewer complications.

It is important to note that the vasectomy is **not effective immediately**. It can take up to three months to clear sperm storage ducts of all sperm. In the meantime, a backup method of birth control should be used.

## **What About Reversal?**

It is not always possible to reverse this procedure. Even when it is a possibility, it is not recommended as it is a risky procedure. In addition, while the original vasectomy is covered by MCP, the reversal procedure is not, so it can be costly.

## **Does It Have Any Effects on Intercourse?**

Vasectomy causes an interruption of a canal that transports sperm. This canal is not related to sexual desire, ejaculation, or getting an erection.

Many individuals report an improved sex life as they do not have the worry of an unintended pregnancy on their mind.

## **What Are the Negative Side Effects?**

Some possible side effects can include soreness, discoloration, and swelling. Rest and application of ice may help reduce such symptoms. The most common problem with vasectomies is regret, so it is important to make an informed decision.

## **A Vasectomy MAY Be an Option for You If...**

- You and your partner are sure you do not want to have more children or any children at all.
- You want a very effective, long term method of contraception, which is safe and easy.
  - You want to relieve your partner of the contraception burden.
- Your partner with a vagina is considering tubal ligation – a vasectomy is easier and has less risk of side effects.

## **A Vasectomy Is NOT an Option for You If...**

- You are not 100% sure that you want permanent contraception.
- You have health problems which may be aggravated by anesthesia.
  - You have a local infection.
  - You suffer from sexual dysfunction.

***Remember: A vasectomy does not prevent STIs. Be Safe.***

If you have further questions regarding birth control options or would like to see a health care provider regarding any sexual health matter, please contact us.

## **Sexual Health Questions? We have Answers!**

### **Location:**

47 St. Clare Avenue, St. John's, NL, A1C 2J9

### **Hours:**

Monday: 9am – 4:30pm

Tuesday: 9am – 4:30pm

Wednesday: 9am – 4:30pm

Thursday: 12pm – 6:00pm

Friday: 9am – 4:30pm

### **Phone:**

579-1009

Toll Free: 1-877-NO MYTHS

(1-877-666-9847)

### **Website:**

[www.plannedparenthoodnlshc.com](http://www.plannedparenthoodnlshc.com)

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**Revised July 2020**