

# Vasectomy Center – Seattle \* Eastside \* Shoreline

*Specializing in No-Needle No-Scalpel Vasectomy*

**John B. Abano, MD**

Swedish Issaquah Campus \* Swedish Greenlake Clinic \* NW Men's Health Shoreline Clinic

(425) 394-0773 [www.vasectomyclinic.com](http://www.vasectomyclinic.com)

## INSTRUCTIONS **BEFORE** YOUR VASECTOMY

1. **Please shave the underside of the penis and the front wall of the scrotum** the evening before your vasectomy. A small amount of alcohol/chlorhexidine is used to clean the skin before the use of the MadaJet and it may sting slightly after a fresh shave if the skin is chafed. Begin at the base of the shaft and carry the shave downward. The area shaved should measure about 2-3 inches in diameter. You may lather the scrotum with soap and water and shave with a disposable blade razor. **DO NOT USE AN ELECTRIC RAZOR OR DEPILATORY HAIR CREAMS.**
2. **Do not use powder or deodorant** in the genital area on the day of your procedure.
3. Please bring required tight fitting underwear(briefs) or **athletic supporter (jockstrap)**. Wear comfortable trousers or warm-ups.
4. **Driving home:** It is not required **but if possible, arrange to have someone drive you home.** It is not uncommon for patients to pass out during or minutes after their vasectomies. If you must drive yourself, drive in the right lane, so that you can pull over at the slightest hint of delayed lightheadedness. Also, a flat tire or fender bender could lead to complications.
5. **If you are requiring a mild sedative prior to procedure,** Please call the office so we can discuss options and have a designated driver on day of procedure. This is required prior to proceeding with procedure.
6. Plan to **do nothing but recline at home the evening** of the vasectomy. We recommend catching up on a favorite TV series or movies, or catching up on some reading. Have a supply of Zip Loc bags and ice or utilize a bag of frozen peas as a cold compress. (Note: commercial freezing packs such as 'Blue Ice' are not safe to use on skin)
7. **IF you are on blood thinners (Coumadin, Warfarin, Aspirin, Plavix, Clopidogrel, Xarelto, Dabigatran, etc), please call us at (425) 394 0773 prior to procedure or notify our nurse at time of scheduling.**
8. If your insurance company or HMO requires authorization, please make sure to bring a copy the day of your procedure. Please check with your insurance regarding benefits and co-pay associated to your coverage for this procedure. CPT code for vasectomy is 55250.
9. **Please EAT a regular meal >2 hours before your procedure. No food intake 2 hours prior to procedure.** A normal breakfast or lunch but don't over eat. Nervous men who do not eat beforehand are more likely to become light headed during and or after their procedure.