

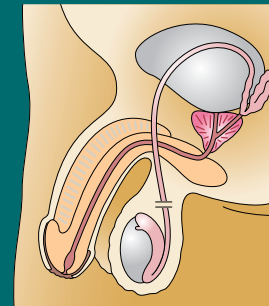
## About Marie Stopes International

Marie Stopes International is a not-for-profit sexual and reproductive health (SRH) organisation that uses modern business methods to achieve the social goal of preventing unintended pregnancies and unplanned births in over 40 countries worldwide.

Marie Stopes International delivers state-of-the-art programmes in: family planning; safe abortion (including post abortion care); maternal & child health; and HIV/STIs, including male circumcision.

## Permanent contraception

# Marie Stopes Vasectomy



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## What is Marie Stopes Vasectomy?

Vasectomy is the medical name for male sterilisation. It is a **simple surgical procedure** which closes off the small sperm carrying tubes (vas deferens) in the scrotum. This means that sperm produced in the testicles can no longer get into your semen and fertilise an egg.

Vasectomy does not affect your sexual pleasure or ability to ejaculate (orgasm).

Any man can have a vasectomy, but because it is usually not a reversible procedure men who may want more children should use another method.

Vasectomy **does not** protect against sexually transmitted infections including HIV and AIDS. Always use a condom if you think you are at risk.

### How effective is vasectomy?

**Over 99% effective.** Vasectomy is one of the most reliable contraceptive methods available with only about a one in 2,000 failure rate.

It is not immediately effective and other methods should be used for the first three months after a vasectomy. This is because there may still be sperm in the vas deferens.

### Advantages

- Does not affect a man's sexual pleasure or ability to ejaculate
- Sex can be more pleasurable because there is no need to worry about pregnancy
- A simple, quick procedure gives years of safe, inexpensive family planning
- Nothing to remember after the first three months
- The procedure is simpler than female sterilisation
- The man can take responsibility for contraception

### Side effects

- Some discomfort, swelling and bruising in the first few days after the procedure

### Complications and risks

With any surgical procedure there is always a small risk of infection.

There can be bleeding or infection at the incision site or blood clots in the scrotum.

Vasectomy is performed by specially trained providers with excellent infection prevention techniques. This means infections and other complications are very rare. Since it was founded in 1976, Marie Stopes International has performed over 120,000 procedures.

### When can I have a vasectomy?

Any time, provided you are sure that you will not want any more children and the doctor says the procedure is suitable for you.

Certain medical conditions may need treating before you can have the vasectomy. Please consult your MSI advisor for further information.

### How is vasectomy performed?

The doctor carries out the procedure using local anaesthetic.

An injection numbs the area and then a very small hole is made in the front of the scrotum. Through this opening, each sperm carrying tube (vas deferens) is cut and sealed off.

Once this heals you will have a very small scar on the scrotum which will become invisible over time.

On average, the procedure takes around 5 - 10 minutes.

### What will I feel during the procedure?

There will be a short sharp pain from the injection to numb the area but it starts working straight away. You will feel a little discomfort and pulling during the procedure but this will not be painful.

Some men may feel faint immediately after the procedure.

### How should I look after myself after the procedure?

Rest for two days and avoid heavy work or vigorous exercise for a few days.

Keep the site clean and dry for 2 to 3 days.

There may be some soreness, swelling and bruising in the first few days after the procedure. Close fitting underpants, cold compresses and ordinary painkillers like paracetamol (not aspirin) help ease these.

You can have sex two to three days after the procedure if this feels comfortable. Use condoms or another effective family planning method for three months after the procedure.

Rarely, there can be complications after vasectomy. Your doctor will explain the signs to look for and the action to take if these occur.