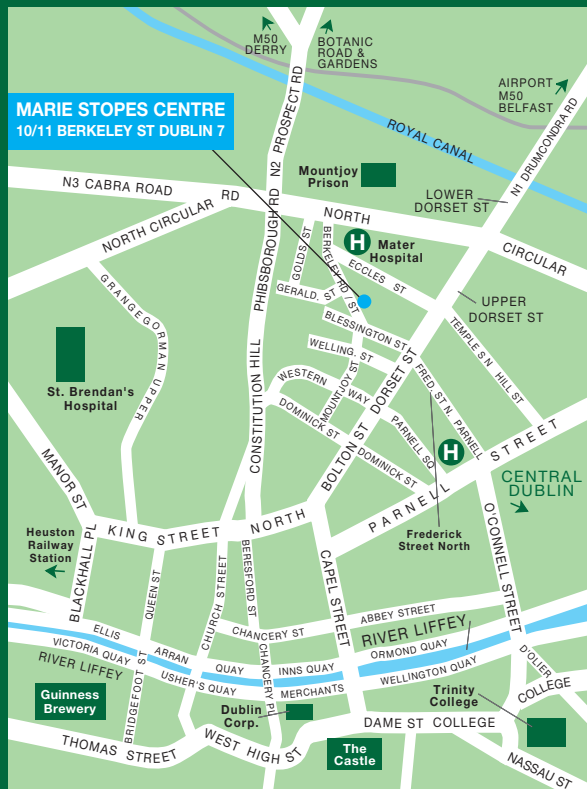


## About Marie Stopes Reproductive Choices

Marie Stopes Reproductive Choices opened its Dublin Centre in 1996 with a clear purpose – to offer women and men a confidential, non judgmental, welcoming environment in which to access expert help concerning sexual and reproductive health.

The centre has seen thousands of people for family planning advice, vasectomy and health screening. Whichever service you require, you will be assured of convenient appointments, a highly professional team and all the support and guidance you need.



For information and appointments:  
Telephone Dublin (01) 830 0630  
[www.reproductivechoices.ie](http://www.reproductivechoices.ie)

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252001



## vasectomy

information and services



# vasectomy

Vasectomy is a popular method of family planning chosen by millions of men worldwide. It is safe, effective and offers a permanent solution to contraceptive needs.

This leaflet offers a brief guide to vasectomy and services available at Marie Stopes Reproductive Choices.

## What is vasectomy and how does it work?

Vasectomy is the common name for male sterilisation. It is a simple surgical procedure which takes about 20 minutes and seals the sperm-carrying tubes (called vas deferens) to prevent sperm entering the fluid you ejaculate. It is one of the most effective methods of contraception that exists - the failure rate is less than 1%.

## Who chooses vasectomy?

The main reasons men choose to have a vasectomy are that either they have completed their family and have decided to take responsibility for contraception, or in some cases, may not wish to have any children at all.

Because vasectomy is a permanent method of contraception, you will need to be sure that it is right for you before making your decision.

**Appointments are available quickly and regardless of age or whether or not you have children.**

## How is a vasectomy performed?

A fast acting anaesthetic is given before the procedure, which numbs the area. We use a technique which does not require a scalpel. The sperm-carrying tubes (vas deferens) are sealed using cautery and no stitches are needed. The procedure only takes 20 minutes.

## Will a vasectomy affect my sex life?

Having a vasectomy does not affect your hormones, ejaculation or orgasm so there is no reason why it should have a negative impact on your sex life.

In fact, many couples find having a vasectomy improves their sex life – enjoying greater sexual freedom once they no longer have the worry of an unintended pregnancy.

## What are the risks?

Vasectomy is a very common and safe procedure – most men experience no problems.

There may be some swelling and slight bleeding immediately afterwards and, as with any surgical procedure, there is a small risk of infection. However, long-term complications are extremely rare and there is no evidence that links vasectomy and testicular cancer.

## How long does it take to recover?

It is a good idea to take things easy for a day or two after a vasectomy. If you have a very physical job you might want to take a week off.

Gentle exercise can be started again after two weeks but you should avoid hard exercise, contact sports, cycling and swimming for four weeks.

## Services at Marie Stopes Reproductive Choices

Marie Stopes Reproductive Choices has carried out thousands of vasectomies making us one of the most experienced organisations in Ireland.

We offer a comprehensive service which includes same day consultation and procedure, 24 hour aftercare and follow-up semen testing.

Our supportive and professional team provide the highest possible quality service in a friendly and relaxed environment.

We are completely confidential and we will not inform anyone about your appointment without your permission. If you are in a long-term relationship, we would always advise that you discuss such an important decision with your partner.

We will not refuse anyone an appointment on the grounds of age, marital status, or because they have no children, although we will ask younger men to have thorough counselling before making a final decision.

## How to book an appointment

For more information or to book an appointment at Marie Stopes Reproductive Choices call **(01) 830 0630** where our 24 hour advisors are always on hand to help.

**For more information call us on  
(01) 830 0630 - 24 hours  
[www.reproductivechoices.ie](http://www.reproductivechoices.ie)**