



MARIE STOPES
Reproductive Choices
Family Planning Centre

vasectomy

information & services



Vasectomy is a popular, safe and effective method of family planning. Because it is permanent, you will need to be sure that it is right for you before making your decision. This leaflet offers a brief guide to the vasectomy service at Marie Stopes Reproductive Choices.

What is vasectomy and how does it work?

Vasectomy is the common name for male sterilisation – a permanent method of contraception. It is a simple surgical procedure which seals the sperm-carrying tubes (called vas deferens) to prevent sperm entering the fluid you ejaculate.

Who chooses vasectomy?

Any man who decides that he definitely does not want to have any more children or any children at all. It is a permanent procedure, so you must be absolutely sure about your decision – you cannot change your mind afterwards.

At our centre we offer a consultation with counselling prior to the procedure taking place.

Vasectomy is a common and safe procedure. Complications are extremely rare and the production of male hormones is not affected.

How is a vasectomy performed?

A fast acting anaesthetic is given before the procedure, which numbs the area. At our centre we use a cautery 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 five to ten minutes.

What are the risks?

Vasectomy is probably the most effective method of contraception that exists. The failure rate is less than 1%.

Vasectomy is also 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 small risk of infection. However long-term complications are extremely rare and there is no evidence that links vasectomy and testicular cancer.

Will a vasectomy affect my sex life?

With no change to your hormones, ejaculation or orgasm, there is no reason why having a vasectomy should have a negative impact on your sex life.

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

Appointments at our centre are available quickly and regardless of age or whether or not you have children.

How long does it take to recover?

It is a good idea to take things easy for a day or two. 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 and contact sports for four weeks.

Services at Marie Stopes Reproductive Choices

Marie Stopes Reproductive Choices has very experienced doctors providing vasectomy.

We offer a comprehensive service which includes counselling, procedure, aftercare and follow-up semen testing service.

For more information look at our website on www.reproductivechoices.ie

We are able to offer same day appointments or your counselling and consultation can be on a separate day if you would like more time to consider.

Our service is completely confidential. 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.

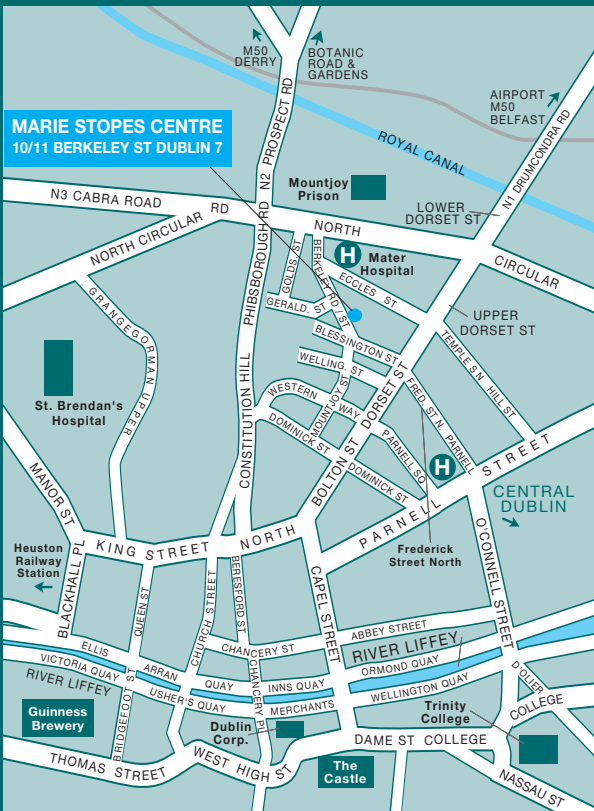
We will not refuse anyone an appointment on the grounds of age, marital status, or because they have no children. We will ask men under 25 to have thorough counselling before making a final decision.

Marie Stopes Reproductive Choices also provides the full range of contraceptive methods. Please ask for more information if you and your partner are also considering other options.

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 reproductive health.

The centre has seen thousands of people for family planning advice, unplanned pregnancy counselling, 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

Marie Stopes Reproductive Choices

10/11 Berkeley Street
Dublin 7
Eire

Telephone

(01) 830 0630

Facsimile

(01) 830 0629

Email

info@reproductivechoices.ie

Website

www.reproductivechoices.ie

Company no.

252001

