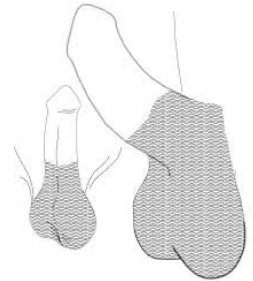


Pre-Vasectomy Instructions

- **Avoid the use of Aspirin, Motrin, Advil, Ibuprofen, Aleve 10 days before** your vasectomy. If you are taking a prescription blood thinner, ensure you have consulted your prescribing doctor as you will need to stop those medications prior to the vasectomy.
- If you are on testosterone therapy (for Low T), please make ensure it is listed on your medical history form. If so, a pre-vasectomy semen analysis is required.

Day Prior to Vasectomy:

- **Do not drink any alcohol** the day before or the day of your vasectomy.
- Carefully **shave the underside of the penis as well as the front and top of the scrotum (especially where the penis joins the scrotum). Preferably the day before the vasectomy.** A bit of alcohol is used to clean the skin before your vasectomy and it can sting slightly after if you shave the day of. Do not use any chemical/ creams to remove hair. After shaving, take a shower to remove any cut hair.
 - A safety razor with warm soap and water works best.
 - Further details can be seen with the instructional videos at the bottom of this page.



Day of Vasectomy:

- **Prior to arrival, take a shower or bath and scrub the scrotum well with soap.**
- **Do not use** powder or deodorant in the genital area on the day of your vasectomy.
- **Plan to take it easy** at home. Recline on the couch, relax in bed, read a book, watch a movie the rest of the afternoon and evening after your vasectomy.
- **If possible, arrange a separate driver** to take you home after your vasectomy. It is rare but delayed lightheadedness can occur.
- **Eat a light meal 2-3 hours before** your procedure. Men who do not eat beforehand are more likely to become lightheaded during or after their vasectomy.

Scan the codes below with your cell phone's camera to view our instructional videos



Changing the Vasectomy Experience: Comfortable, Easy, Convenient