

THINKING ABOUT VASECTOMY?

A guide for men considering permanent contraception



At Cirencester Health Group, we offer no-scalpel vasectomy (NSV) at our St Peter's Road Surgery. It's a safe, quick and effective way to permanently prevent pregnancy.

This leaflet is for anyone thinking about having a vasectomy. It explains how the procedure works, what to expect, and whether it might be right for you.

If you decide to go ahead, we'll give you a separate leaflet with detailed preparation and aftercare instructions.

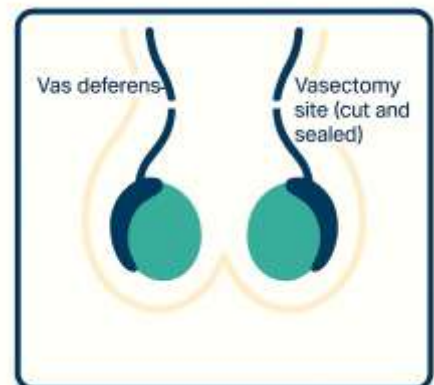
What is a vasectomy?

A vasectomy is a simple procedure that seals the tubes (called the vas deferens) that carry sperm from the testicles. This stops sperm from mixing with semen during ejaculation, so you cannot make someone pregnant.

It doesn't affect your testosterone, erections, orgasms or ejaculation. Your body still produces semen - it just doesn't contain sperm (which usually only makes up less than 5% of semen).

Vasectomy is intended to be permanent. Reversal is sometimes possible, but it's not always successful, and it isn't available on the NHS.

How Vasectomy Works



How effective is it?

Vasectomy is over 99.9% effective at preventing pregnancy.

You won't be infertile straight away-some sperm remain in the system for several weeks or months. You'll need to use contraception until a semen test confirms that no live sperm are left.

This usually takes about 3 months but can take longer in some cases.

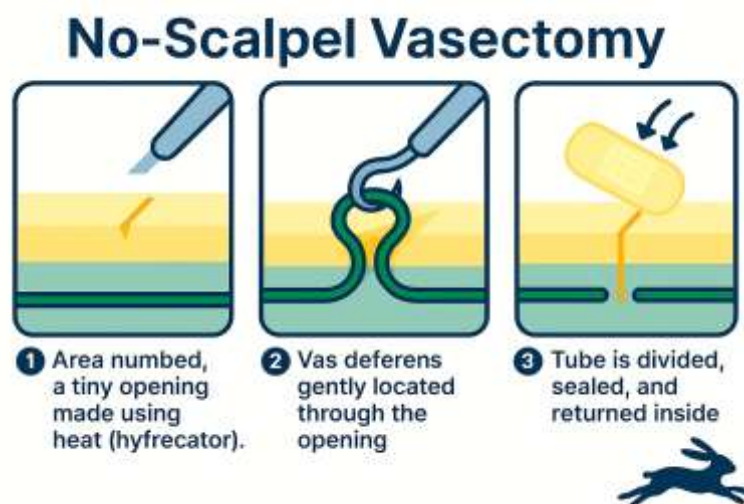
What is no-scalpel vasectomy (NSV)?

We use a modern technique called no-scalpel vasectomy. First the area is numbed using a small injection of local anaesthetic into the skin of the scrotum. Then instead of using a scalpel, the doctor uses a special tool to make a tiny opening in the skin of the scrotum.

Through this small opening, the vas deferens are located, divided, sealed, and placed back inside. No stitches are needed, and the opening usually heals quickly. In most cases only one small opening is made, though occasional two may be needed.

This technique:

- Takes around 20–30 minutes
- Is done under local anaesthetic
- Has a low risk of complications
- Often causes less discomfort and bruising than traditional methods



Is vasectomy right for me?

Vasectomy is a permanent form of contraception. It's only suitable if you're sure that:

- You don't want children (or any more children)
- You understand that personal circumstances may change
- You're confident that you won't regret the decision

It's not usually recommended during times of stress or relationship uncertainty. If you're unsure, it's worth talking things through with your GP or partner before making a decision.

Will it affect my sex life?

No. Vasectomy has no effect on:

- Sex drive
- Erections
- Orgasm
- Ejaculation

In fact, many people find their sex life improves because they no longer need to worry about unplanned pregnancy.

Your body will continue to produce sperm, but it's safely reabsorbed. Your hormone levels stay the same.



Are there any risks or side effects?

Most men recover quickly with few problems, but as with any procedure, there are some risks. These include:

- Mild pain or bruising for a few days
- Infection (rare)
- Small lump or thickening above the testicle (scar tissue)
- Long-term testicular discomfort can affect around 1-2% of men. It's rarely severe but can affect quality of life.
- The opening may bleed slightly or swell in the first few days, but this usually settles quickly.

What happens afterwards?

You'll go home the same day. We recommend you:

- Wear tight underwear (e.g. trunks or sports pants) for support
- Use ice packs and simple painkillers if needed
- Avoid heavy lifting or vigorous exercise for about a week
- Continue contraception until you've had a clear semen test

You'll be given full aftercare instructions and a sample pot for the test.

Where is the procedure done?

Our vasectomy service takes place at St Peter's Road Surgery, carried out by a GP with specific experience in no-scalpel vasectomy.

You'll have a short discussion with the doctor beforehand to confirm the procedure and answer any final questions.

Want to talk it through?

If you're thinking about vasectomy but not sure if it's right for you, we'd be happy to help.

Submit a triage form [online](#), speak to reception or call St Peter's Road Surgery on 01285 653184 to book a discussion with the GP who performs the procedure.

Trusted resources

You can also read more at:

- [NHS Vasectomy Overview](#)
- [Patient.info – Vasectomy](#)

If you have further questions:

- **Visit:** www.cirencesterhealthgroup.co.uk/contact-us *and fill out our triage form*
- **Call us:** 01285 653198 or 01285 652122
- **Call NHS 111** if you need urgent medical advice (24/7)
- **Call 999** in an emergency

