

## How can I arrange a vasectomy?

A vasectomy can be done in public hospitals, by private specialists or by some general practitioners. Seek information and referral from your general practitioner or SHine SA.

## How much does it cost?

There is no cost if you have this operation in a public hospital; however, there is a waiting list. The cost of having this done privately is variable. Discuss this with your specialist.

## You are still at risk of sexually transmitted infections

Sterilisation does not protect you against sexually transmitted infections (STIs). Practise safer sex. Condoms reduce the risk of STIs.

## SHine SA contact details

### East/West Primary Health Care Team

GP Plus Health Care Centre  
64c Woodville Road, Woodville  
Postal address: PO Box 76 Woodville SA 5011  
Tel: 8300 5300  
Clinic appointments: 8300 5301

### Northern Primary Health Care Team

43 Peachey Road, Davoren Park  
Postal address: PO Box 719 Davoren Park SA 5113  
Tel: 8256 0700

### Southern Primary Health Care Team

19-23 Beach Road, Christies Beach  
Postal address: PO Box 330 Christies Beach SA 5165  
Tel: 8186 8600

### Workforce Development & Resources

64c Woodville Road, Woodville  
Postal address: PO Box 76 Woodville SA 5011  
Tel: 8300 5317  
Email: SHineSACourses@health.sa.gov.au

### Library & Resource Centre

64c Woodville Road, Woodville  
Postal address: PO Box 76 Woodville SA 5011  
Tel: 8300 5312  
Email: SHineSALibrary@health.sa.gov.au

### Sexual Healthline

Available 9 am – 1 pm, Monday – Friday  
Tel: 1300 883 793  
Country callers (toll free): 1800 188 171  
Email: sexualhealthhotline@health.sa.gov.au

### Website

[www.shinesa.org.au](http://www.shinesa.org.au)

National Relay Service: [www.relayservice.com.au](http://www.relayservice.com.au)  
133 677 (TTY/Voice) 1300 555 727 (Speak & Listen)

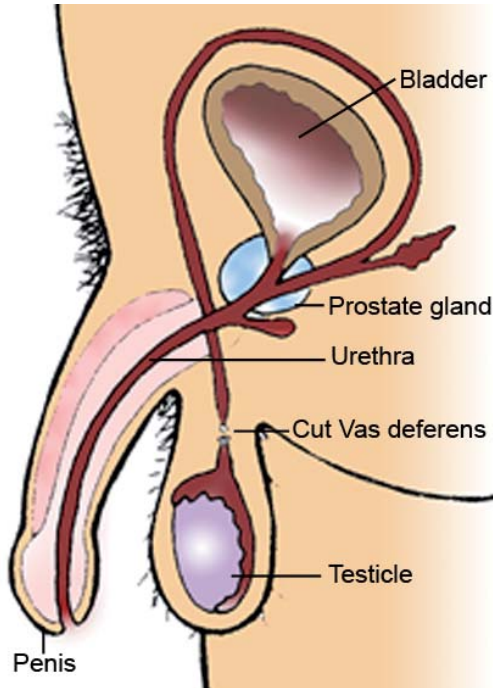
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# Male sterilisation



## What is sterilisation?

Sterilisation is a permanent form of contraception. In men this procedure is called vasectomy ('The Snip'). It's an operation that cuts the vas deferens (see the diagram below) so that sperm produced in the testes can not get into the semen (cum). If there are no sperm in the semen then pregnancy cannot occur.



## What happens during a vasectomy?

This procedure can be done under general or local anaesthetic. A small incision is made in the front of the scrotum so that the vas deferens can be located, cut and the ends sealed.

The procedure takes about 20 minutes and is carried out as day surgery. In most cases it takes about one to two hours for surgical preparation, the operation and recovery time.

## Who can have a vasectomy?

Provided it has been thought over carefully, any man can choose to have a vasectomy. However, doctors are generally unwilling to do the operation on very young men, especially those without children.

If you are considering sterilisation, ask yourself the following questions:

- Why do you want a vasectomy?
- How does your partner feel?
- If your current relationship ended, would your feelings change?
- How would you feel if something happened to the children you have now?

If you are absolutely certain that you do not want children in future, sterilisation is an excellent option. It's important to make sure that you are certain before making such a big decision.

## How will I feel after the operation?

When the anaesthetic wears off there may be some pain at the site of the operation. This can be reduced by simple pain-relieving medication and wearing underwear that supports the scrotum.

It's important to rest for 24 hours and avoid strenuous exercise for a few days.

## Will I have any problems after the operation?

As with any operation, complications such as infection and bruising can occur, but they are uncommon.

Occasionally, sperm leak into the scrotum after the operation, and form a little swelling called a 'sperm granuloma'. This can be removed if necessary.

## Does sterilisation work immediately?

After the procedure sperm will still be present in the tubes. It will take time to clear all sperm from the tubes.

About two to three months after your surgery, you'll need to have a semen test to see if all the sperm have gone. Many surgeons like to make really sure the vasectomy has been successful by doing two tests.

**Use another method of contraception until the semen tests have confirmed that there are no sperm in your ejaculate (cum).**

## When can I have sex?

You can have sex as soon as you feel comfortable. The procedure will not change your sexual ability or enjoyment. Some men enjoy sex more when they don't have to worry about a female partner becoming pregnant.

## Is the operation 100% effective?

Vasectomies rarely fail, although 1 in 1000 men who have had a vasectomy remain fertile or will become fertile again. Normally a failure can be detected when the semen tests are done, but it can occur at any time, even years after the vasectomy.

## Can the operation be reversed?

It's sometimes possible to rejoin the vas deferens, but this operation is only 50% effective. It's really important to think of sterilisation as permanent and discuss the consequences of sterilisation with your partner and health professionals before the procedure.