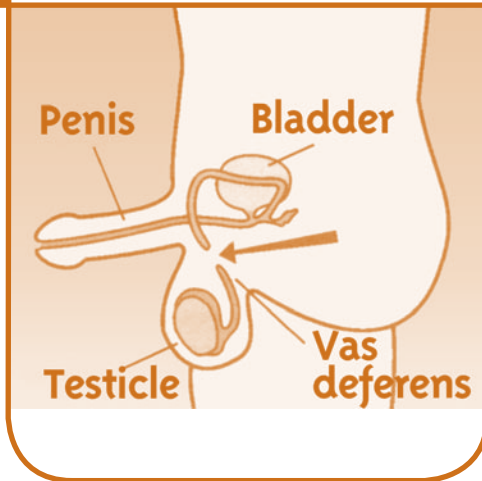
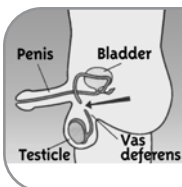


Vasectomy

Male Sterilization



Balanced Counseling Strategy



Vasectomy

Male Sterilization

General information:

- Permanent, safe method for men who do not want more children.
- A safe, simple surgical procedure.
- Does not affect male sexual performance.
- Does not protect from pregnancy immediately. There is a 3-month delay before the method takes effect.
- You must use condoms or another method for 3 months after the procedure.
- Safe for a man with HIV/AIDS, even if he takes antiretroviral (ARV) medicines.
- Does not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: Pregnancy rate after the procedure is:

- In first year — 1 to 3 pregnancies per 100 women whose partner has had a vasectomy (1 to 3%)
- Over first 3 years — 4 pregnancies per 100 women whose partner has had a vasectomy (4%)

How method works:

- You undergo a safe, simple, and quick surgical procedure.
- A trained provider makes a simple cut and closes off the tubes from the testicles to the penis (vas deferens).
- Closing off the tubes keeps sperm out of the semen.
- You can still have erections and ejaculate semen. Your semen does not have sperm in it, so you cannot make a woman pregnant.

Important facts:

- One of the most effective methods, but it carries a small risk of failure.
- Vasectomy is not fully effective until 3 months after the procedure. You must use condoms or another method for 3 months.
- Pregnancies can occur within the first year for several reasons:
 - During the first 3 months after the procedure, you do not always use a condom or other method during sex.
 - The provider makes a mistake during the procedure.
 - The cut ends of the vas deferens grow back together.
- Increases enjoyment and frequency of sex because there are no worries about pregnancy.
- There are no particular health risks or benefits from this procedure.
- Special arrangements are needed to perform the procedure on a man with AIDS.
- Does not protect against STIs, including HIV.
- Use condoms (male or female) if you feel at risk of STIs, including HIV.

Method not advised if:

- You have a medical condition where it may be necessary to delay the procedure.

Informed consent:

- Informed consent is required for this method.
- Before you give informed consent, you must understand the following points:
 - 1) Temporary contraceptives are also available to you.
 - 2) Voluntary vasectomy is a surgical procedure.
 - 3) There are certain risks of the procedure as well as benefits. (Both risks and benefits must be explained in a way that you understand them.)
 - 4) If successful, the procedure will prevent you from ever having any more children.
 - 5) The procedure is considered permanent and probably cannot be reversed.
 - 6) You can decide against the procedure at any time before it takes place. You will not lose rights to other medical, health, or other services or benefits.
- Before the procedure you may need to sign a consent form. If you cannot read, a witness can sign for you.

How to use:

- A trained medical provider performs the procedure in a place that has the necessary medical supplies and equipment.
- The provider injects a local anesthetic into your scrotum. You will stay awake during the procedure.
- The provider performs the procedure.
- You can usually leave within an hour.

Follow-up:

- It is common to feel discomfort in the scrotum. This usually lasts 2 to 3 days.
- Take paracetamol or ibuprofen for pain. Do not take aspirin. It slows healing.
- Rest for 2 days, if possible.
- Keep incision clean and dry for 2 or 3 days.
- Do not have sex for at least 2 or 3 days.
- During the first 3 months after the procedure, use condoms or another effective family planning method.
- If possible, return to the clinic to have your semen examined. If it does not contain sperm, the vasectomy is working. This is helpful but not required.

Return to the health care facility any time if:

- You have questions or problems.
- You develop any health problems.
- Within the first 3 months of having the vasectomy you and your partner have unprotected sex and want to avoid pregnancy. Your partner can take emergency contraceptive pills (ECPs).
- Your partner thinks she may be pregnant.