



## PRE – VASECTOMY CARE INSTRUCTIONS

### Medications

- STOP 7 days prior to your Vasectomy
  - Aspirin
  - Natural Supplements (Gingko, Fish Oil, Olive Tree extract, etc)
- STOP 3 days prior to your Vasectomy
  - Ibuprofen containing medications (Advil, Motrin, Aleve, Naproxen)
- Prescribed Anticoagulants
  - Pradaxa, Eliquis, Xarelto, Plavix, Isocover/Co-Placix, Brillinta, Warfarin)
  - Contact your prescribing Physician to discuss whether it is safe for you to hold these medications for a few days

### Preparing Your Scrotum

- Thoroughly lather & clean your scrotum the day before and morning of your Vasectomy
- Shave your Scrotum skin within 24hrs prior to your Vasectomy (do NOT use an electric shaver)

### Pre-Vasectomy Anxiety Medication

- Most patients do not require an Anxiety medication prior to their procedure



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- If you do, please contact us to schedule a consultation to discuss options (Xanax, Ativan, Valium)
- You should take your Anxiety medication 60 mins prior to your appointment

### Driving

- Ideally someone should drive you to and from your Vasectomy. This will minimize discomfort and risk of complications
- If you require a pre-Vasectomy Anxiety medication, then someone must drive you to & from the procedure
- If you have a history of dizziness, lightheadedness or loss of consciousness during or after procedures (blood draws, vaccinations, dental appointments or other procedures), then someone should drive you to & from your Vasectomy

### Clothing

- Wear comfortable clothing so you can relax before, during and after your Vasectomy
- Wear a supportive under garment like a "jock strap" , speedo, briefs or biker shorts under your clothing
  - These can be more supportive to the scrotum after the Vasectomy
  - Reduce swelling, pain & bruising



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**Clinic Arrival**

- Arrive 15-30 mins prior to your scheduled Vasectomy
- Our receptionist will check you in, confirm patient & insurance information
- Your friend or family member is welcome to wait in the patient lobby and enjoy free WiFi Access & charging.