

## About Marie Stopes International

Marie Stopes International is one of the UK's most respected names in sexual health. Each year, our nine centres across the UK help over 100,000 women and men with their sexual health needs.

Since the 1970s over 130,000 British men have trusted us to perform their vasectomies.

But the good work does not stop here.

Across the world Marie Stopes International also provides reproductive healthcare services to people in some of the world's poorest communities including Africa, Asia and South America.

By choosing Marie Stopes International for your vasectomy, you will be supporting our work in these countries too.

# vasectomy

information and services



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MARIE STOPES  
INTERNATIONAL

# vasectomy

Vasectomy is a popular method of family planning chosen by millions of men worldwide. It is safe, effective and offers a permanent solution to contraceptive needs.

Because vasectomy is a permanent method of contraception, you will need to be sure that it is right for you before making your decision. This leaflet offers a brief guide to vasectomy and services available at Marie Stopes International.

## What is vasectomy and how does it work?

Vasectomy is the common name for male sterilisation. It is a simple surgical procedure which takes about 15 minutes and seals the sperm-carrying tubes (called vas deferens) to prevent sperm entering the fluid you ejaculate. It is one of the most effective methods of contraception that exists - the failure rate is less than 1%.

## Who chooses vasectomy?

The main reasons men choose to have a vasectomy are that either they have completed their family and have decided to take responsibility for contraception, or in some cases, may not wish to have any children at all.

**We have carried out over 130,000 vasectomies since the 1970s so you can trust us to take care of you.**

## How is a vasectomy performed?

A fast acting anaesthetic is given before the procedure, which numbs the area. A form of sedation is also now available at some of our centres, this should be requested at the time of booking. We use a technique which does not require a scalpel. The sperm-carrying tubes (vas deferens) are sealed using cautery and no stitches are needed. The procedure only takes 10 – 15 minutes.

## Will a vasectomy affect my sex life?

Having a vasectomy does not affect your hormones, ejaculation or orgasm so there is no reason why it should have a negative impact on your sex life.

In fact, many couples find having a vasectomy improves their sex life – enjoying greater sexual freedom once they no longer have the worry of an unintended pregnancy.

**Appointments at our centres are available quickly and regardless of age or whether or not you have children.**

## What are the risks?

Vasectomy is a very common and safe procedure – most men experience no problems. There may be some swelling and slight bleeding immediately afterwards and, as with any surgical procedure, there is a small risk of infection. However, long-term complications are extremely rare and there is no evidence that links vasectomy and testicular cancer.

## How long does it take to recover?

It is a good idea to take things easy for a day or two after a vasectomy. If you have a very physical job you might want to take a week off. Gentle exercise can be started again after two weeks but you should avoid hard exercise and contact sports for four weeks.

## Services at Marie Stopes International

Marie Stopes International has carried out over 130,000 vasectomies since the 1970s, making us the most experienced private organisation in this field.

We offer a comprehensive service which includes same day consultation and procedure, 24 hour aftercare and follow-up semen testing – with an online booking and results service.

Our supportive and professional team provide the highest possible quality service in a friendly and relaxed environment.

We are completely confidential and we will not inform anyone about your appointment without your permission. If you are in a long-term relationship, we would always advise that you discuss such an important decision with your partner.

We will not refuse anyone an appointment on the grounds of age, marital status, or because they have no children, although we will ask younger men to have thorough counselling before making a final decision.

Marie Stopes International also provides female sterilisation services. Please ask for more information if you and your partner are considering this option.

## How to book an appointment

Marie Stopes International has centres nationwide and appointments are usually available within a couple of weeks. Our 24 hour advisors are able to answer any questions you may have.

**For more information visit our website [www.vasectomy.org.uk](http://www.vasectomy.org.uk) or call 0845 300 0212.**