



BEFORE Your Vasectomy

1. **Pick up your medications:** you will be prescribed 1 to 3 medications to take before and after your medications. Ensure that you have them prior to the procedure.
2. **Purchase a scrotal support (jock strap)** and bring it with you on the day of the procedure. This is used to help provide support to the area and decrease swelling after surgery.
3. **Do not take aspirin or anti-inflammatory medication** for 1 week prior to the procedure. These medications can thin the blood and increase bleeding during or after the surgery.
4. **Shower the day of the procedure** and clip/remove any loose hairs in the scrotal area. Trim your pubic hair to $\frac{1}{4}$ to $\frac{1}{2}$ inch in length.
5. **Take your Valium 30-60 minutes prior** to the scheduled time of the procedure. Valium lasts for several hours so it won't "wear off" if there is a delay in your appointment time on the day of the procedure. No driving once you have taken your medication.
6. **Bring a driver with you to the clinic** on the day of your appointment. This person can drop you off and return 60 minutes later or can stay in the clinic waiting room. If your wife is bringing you to the appointment, you are welcome to have her present during the procedure – but we can't have any children in the room during the procedure (so she may have to make arrangements for child care during this time).
7. **Call the clinic** at (918) 935-3636 if you have any schedule changes which will affect your vasectomy appointment.