Vasectomy - Post procedure instructions
An information guide
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Post Vasectomy

Instructions for obtaining a specimen of semen suitable for Post Vasectomy Analysis

1. Produce the sample at home. It is recommended that this is following 3 to 5 days of abstinence from sexual activity.

2. The sample should be produced by masturbation (by hand) into the plastic container provided. Do not use a condom to collect the semen sample. It is important that the whole sample is collected into the plastic container to ensure accurate laboratory assessment.

3. Ensure the specimen pot lid is firmly closed to avoid sample spillage

4. Ensure the specimen container is labelled with:
   • your full name
   • your date of birth
   • date and time of sample collection

This information is essential for accurate assessment. If this is not provided the sample may be rejected and you may have to provide another sample at a later date.
5. Ensure the request form is completed with:
   • your full name
   • your Date of birth.
   • the date of your vasectomy, if this has not been already completed by your doctor.

6. The specimen should be delivered to the laboratory within 2 hours of production.

7. During transit to the laboratory the specimen should be kept as near to body temperature as possible, for example place in an inside pocket close to the body.

8. The sample will be examined by the Histology Department, Central Pathology Laboratories, The Royal Oldham Hospital. Please deliver the sample and request form to the Specimen reception, ground floor, central pathology laboratories, The Royal Oldham Hospital OL1 2JH.

9. The specimen will be accepted by the laboratory between the hours of 9am and 4pm Monday to Friday, but excluding bank holidays. Samples delivered outside these hours will be rejected and a repeat sample will be required at a later date.

If it is not possible to deliver the sample within these times please ring the laboratory on 0161 627 8356 for alternative arrangements.
Frequently asked questions:

How many samples am I required to produce?
You will need to produce at least two samples for laboratory examination at 16 weeks and 20 weeks after your surgery, after at least 24 ejaculates to clear the sperm from the tubes. If either of these two samples contains sperm you may be asked to submit additional samples.

Approximately 1 in 5 patients will still have sperm present after vasectomy on testing. If this is seen, you will be advised to perform further counts until we have received two consecutive clear specimens or you produce less than 10,000 non-motile (not moving) sperm per ml of semen.

How soon does the sample need to be delivered to the laboratory?
In order for the laboratory to provide a full accurate analysis of the sample it should be delivered to the laboratory within two hours of production.

During the journey the sample should be kept warm i.e inside a pocket but you should avoid excessive heating or chilling which may interfere with the results.

How will I be informed of the results?
If these are your first samples, we require the results of both samples to determine whether you are sterile. You will be informed of the results by post by your requesting doctor when both samples have been processed and reported. Please allow some time to receive the results. Please contact the secretary of the consultant who performed your operation if you have not heard about the
results from the hospital within around 4 weeks. Please do not telephone the laboratory for your results as the laboratory staff are not authorised to give results directly to patients.

When can I stop contraceptive precautions?
Until you receive a letter confirming the “all clear” on your samples you must continue with your contraceptive precautions.

What if I fail to provide a post vasectomy semen sample?
The risk of failure of vasectomy is small, but failing to attend for testing could result in unplanned pregnancy due to residual sperm being present. Your doctor cannot take any responsibility for this unless you complete the testing and receive written confirmation of clearance.

What factors may affect the quality of the sample?
Extremes of temperature can damage sperm so the sample should be kept as close to body temperature as possible whilst being transported to the laboratory.

A condom and/or artificial lubrication must not be used for semen collection, as it will kill any sperm present.

Motility of sperm can decline over time so it is important that the semen sample is examined promptly. The specimen should be delivered to the Histology Department ideally within 2 hours of the sample being produced.

The first part of the ejaculate contains the majority of sperm and so the whole of the specimen should be collected to ensure accurate assessment of sperm concentration. The semen sample must be obtained by masturbation (manual stimulation) and should be collected directly into the specimen container provided.”
TO PROVIDE THE VERY BEST CARE FOR EACH PATIENT ON EVERY OCCASION

If English is not your first language and you need help, please contact the Ethnic Health Team on 0161 627 8770

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

Jeżeli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy proszę skontaktować się z załogą Ethnic Health pod numerem telefonu 0161 627 8770

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Date of publication: April 2015
Date of review: April 2018
Ref: PI (SU) 934
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