Vasectomy Instructions:

Before your vasectomy:

1. Do not use powder or deodorant in the genital area on the day of your procedure.
2. Wash with anti-bacterial soap the morning of the procedure.
3. Wear tight underpants, briefs or an athletic support. This will stop too much movement after the procedure.
4. You may bring a partner or support person with you. This person will be allowed in the room during the procedure if you want.
5. Do not take aspirin-containing medication for seven days before the procedure. You should continue aspirin if you take it every day for a heart condition.
6. Eat a normal breakfast or lunch before your procedure. People who have not eaten are more likely to get lightheaded.

Read the "Vasectomy After Care Instructions" so that you know what to expect.