

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. This helps reduce this risk of infection.
3. Wear or bring **tight-fitting underwear** 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**.