

Men's Health Friday: The Vasectomy



1. A vasectomy is a **quick procedure** that is normally performed whilst awake.
2. You're **not immediately sterile**. Viable sperm can live for several weeks in your system. Other contraception, like condoms, need to be used for 8-12 weeks until the vasectomy is confirmed by 1-2 sperm count tests.
3. You'll still have erections and ejaculate, but **your semen won't contain sperm**.
4. A vasectomy is >99% effective as a method of contraception
5. **You must consider a vasectomy to be permanent**. Whilst reversal procedures are possible privately, the success rate is 50% or less.
6. Your sex drive is **not** affected by the procedure.
7. A vasectomy does **not** protect against STIs
8. It is a **safe and non-hormonal method** of contraception if your family is complete
9. Your GP can talk you through the referral process. From Wingerworth, most referrals go to Wheatbridge Health Village, the local sexual health clinic which conducts vasectomies.

Further information:

<https://www.nhs.uk/conditions/contraception/vasectomy-male-sterilisation/>