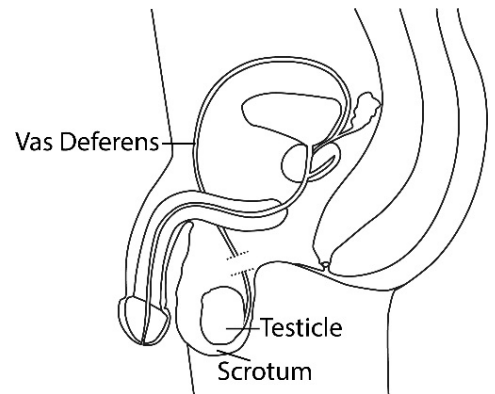


Vasectomy

What is a vasectomy?

A vasectomy is a **permanent** form of birth control. It's a minor surgery where tubes (vas deferens) that carry sperm from the testicles into the semen are partially removed or blocked. Without sperm, a person can't get pregnant.

A vasectomy is covered by healthcare insurance, but a reversal isn't. A person must be sure they want it done. Reversal surgery doesn't always work.



How well does a vasectomy work?

- If **no method** of birth control is used, there's about an **85%** chance of getting pregnant after 1 year of having sex.
- Vasectomy doesn't work right away. Use another form of birth control (e.g., condoms, hormonal birth control) until tests show no sperm in the semen. Follow the instructions of your health care provider.
- Once no sperm is confirmed by lab test, the risk of pregnancy is 1 in 2000.
- A vasectomy doesn't protect you from sexually transmitted infections (STIs) or HIV.
- Use a condom **every time** you have sex (anal, oral, vaginal) to lower your risk of STIs and HIV.
- Think about getting **emergency contraception** to help prevent pregnancy if you had sex before confirming that there is no sperm.

How do I get a vasectomy?

You can make an appointment yourself with a doctor who does the procedure, or have your health care provider refer you.

How is a vasectomy done?

A vasectomy takes about 30 minutes. It's often done while you are awake. Freezing medicine is injected into the sac (scrotum) that holds your testicles. One or two small openings are made. Each tube is gently pulled through the small opening. A small section of each tube is partially removed or blocked. The opening is then closed and covered with a bandage.

What are the benefits of a vasectomy?

- Is one of the safest, most effective forms of birth control.
- It's private and permanent.
- It's safer than a tubal ligation.

A vasectomy will **not** affect:

- your hormones
- your interest in sex
- your ability to have an erection
- the feeling you get while having sex
- the amount of fluid in your ejaculate (cum)
- the risk of prostate or testicular cancer; heart disease, high blood pressure or stroke; dementia

What are the side effects of a vasectomy?

All surgery has some risks. Rarely, after a vasectomy you might have bleeding, infection, pain, bruising, or swelling. Talk to your health care provider.

Did You Know?

- You have the right to make the decision to have sex or not.
- You can plan ahead and talk to your partner(s) about how to lower your risk of pregnancy, STIs, and HIV.
- You can consider getting regular testing for STIs and HIV. Talk to your health care provider.
- Many clinics offer low or no cost birth control.

To find a clinic near you visit [ahs.ca/srh](https://www.ahs.ca/srh)

For 24/7 nurse advice and general health information, call Health Link at **811**.

Websites

- [ahs.ca/srh](https://www.ahs.ca/srh)
- [ReadyOrNotAlberta.ca](https://www.ReadyOrNotAlberta.ca)
- [teachingsexualhealth.ca](https://www.teachingsexualhealth.ca)
- [myhealth.alberta.ca](https://www.myhealth.alberta.ca)
- [sexandu.ca](https://www.sexandu.ca)

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