



Instructions for **Before** Your Vasectomy

If there are any changes to the date of your vasectomy or any concerns please contact your vasectomy provider.

- 1) The day of your vasectomy take a shower and wash your scrotum with soap and water
- 2) Do not use deodorant or any type of powders to the genital area the day of the vasectomy
- 3) If you are on blood thinners (ie,. Xarelto, Coumadin, Aspirin, warfarin, Plavix, Clopidogrel) please call your physician's office to let them know as soon as possible.
- 4) You should arrange for someone to drive you home after your vasectomy. If you require a mild sedative for your vasectomy it is required that you have a designated driver.
- 5) Eat a meal at least 2 hours before your vasectomy. Just have a normal breakfast or lunch.
- 6) You may bring your own music with headphones to the office and play it during your vasectomy.