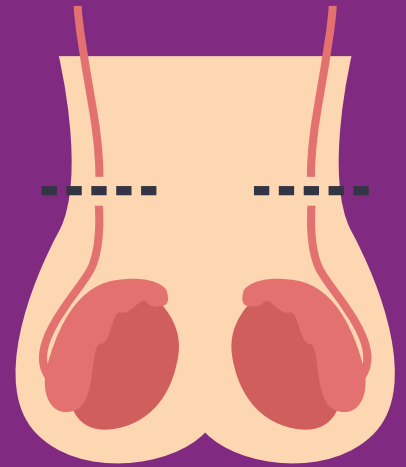


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# ***VASECTOMY*** ***(Male sterilization)***

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# Vasectomy (Male sterilization)



## General information

- Vasectomy is one of the safest and most effective contraceptive methods having very low complication and failure rates.
- Vasectomy is a very simple minor surgical procedure that takes about 10-15 minutes to perform, with minimal bleeding during the procedure.
- The acceptor can walk back home within 30 minutes after the procedure and recover much faster with almost negligible post-procedure discomfort or complications.
- Does not affect male sexual performance.
- Does not protect from pregnancy immediately. There is a 3-month delay before the method takes effect. The couple must use condoms or another contraceptive method for three or more months, till semen analysis shows azoospermia after the vasectomy.
- You must use condoms or another method for 3 months after the procedure.
- Safe for a man with human immunodeficiency virus (HIV)/acquired immunodeficiency syndrome (AIDS) even if he takes antiretroviral (ARV) medicines.
- Does not protect against sexually transmitted infections (STIs), including HIV.

## Effectiveness

- 99% effective in the first year and less than 1 pregnancy reported per 100 women whose partner has had a vasectomy.
- 96% effective over 3 years and 4 pregnancies reported per 100 women whose partner has had a vasectomy.

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## How the method works

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- You undergo a safe, simple, and quick surgical procedure.
- A trained provider makes a simple cut and closes off the tubes from the testicles to the penis (vas deferens).
- Closing off the tubes keeps sperm out of the semen.
- You can still have erections and ejaculate semen. Your semen does not have sperm in it, so you cannot make a woman pregnant.

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## Do not use this method if you

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- Have a medical condition where it may be necessary to delay this procedure.

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## Important facts

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- One of the most effective methods, but it carries a small risk of failure.
- Vasectomy is not fully effective until 3 months after the procedure. You must use condoms or another method for 3 months.
- Pregnancies can occur within the first year for several reasons: During the first 3 months after the procedure, you do not always use a condom or other method during sex, provider makes a mistake during the procedure, or cut ends of the vas deferens grow back together.
- Increases enjoyment and frequency of sex because there are no worries about pregnancy.
- There are no particular health risks or benefits from this procedure.
- Special arrangements are needed to perform the procedure on a man with AIDS.
- Use condoms (male or female) if you feel at risk of STIs, including HIV.

## Seek medical help if

- You have questions or problems.
- You develop any health problems.
- Within the first 3 months of having the vasectomy you and your partner have unprotected sex and want to avoid pregnancy. Your partner can take emergency contraceptive pills (ECPs) within 3 days of unprotected sex.
- Your partner thinks she may be pregnant.



### Sources:

- Population Council. The Balanced Counseling Strategy Plus (3rd ed.) [Internet] 2015 [cited 2021 April 06]. Available from: [https://www.popcouncil.org/uploads/pdfs/2015RH\\_BCS-Plus\\_CounselingCards\\_en.pdf](https://www.popcouncil.org/uploads/pdfs/2015RH_BCS-Plus_CounselingCards_en.pdf).
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