

### No-Scalpel Vasectomy Appointment

Dear Mr {RecipientLastName},

**Please see the enclosed information regarding patient appointments during the Covid-19 Pandemic and the information below which is important for your procedure appointment.**

Further to our conversation we write to confirm an appointment has been arranged for your vasectomy on:-

**{NextAppointmentStartDateTime} at Tollgate Clinic, 145 London Road, Stanway CO3 8NZ**

Thank you for your payment of £xxxx which includes a non-refundable deposit of £xx. Please find your receipt attached. This fee includes a pre-operative assessment, the surgical procedure and post vasectomy semen test. If you wish to cancel your appointment please contact us as soon as possible for us to be able to offer the appointment to someone else.

Should it not be possible to proceed with the vasectomy, a fee of £xx will be charged for the assessment and we will refund £xxx.

#### **On Arrival**

The entrance to Tollgate Health Centre is located opposite Sainsbury's bus stop. There is plenty of free parking spaces. If you are travelling by car, please wait in your car on arrival and Tollgate Clinic will ring you when the clinician is ready to see you, and we will let you know where you need to go. If you are traveling by public transport, please let us know in advance so that we can ensure there is an appropriate area for you to wait in.

Information relating to Vasectomy is given below and can be found on our website [www.tollgateclinic.com](http://www.tollgateclinic.com) in 'Patient information leaflets'

If you have any feedback regarding our service, please let us know by calling us on 01206 987525 or emailing us at [tollgateclinic.wellbeing@nhs.net](mailto:tollgateclinic.wellbeing@nhs.net). Our Complaints Policy <https://www.tollgateclinic.com/wp-content/uploads/2019/07/TC-8.02P-Patient-Complaint-Policy-1.1-5-copy.doc> is available on our website [www.tollgateclinic.com](http://www.tollgateclinic.com).

If you find it necessary to cancel this appointment please call us on the above telephone number or contact us via email.

Yours sincerely

**Tollgate Clinic**

## ARRANGEMENTS FOR YOUR VASECTOMY

### Instructions for **BEFORE** your vasectomy procedure

1. Please trim back any **hair** you have on the front of the scrotum. This can be done with scissors. , Shaving the area is not recommended.
2. Please bring tight **underpants** with you because these give much better support to the scrotum. Boxer shorts are not tight enough.
3. You need to make alternative arrangements for travelling home. For legal reasons you **must not drive** yourself. Very occasionally people feel faint.
4. Please ask our clinician during your appointment, for an **off work certificate** if you are going to need one. Patients can self certify for a week
5. Some patients like to take **pain relief** before the procedure to help with any immediate discomfort post procedure.

### Instructions for **AFTER** your vasectomy procedure

1. Please take it easy for **48 hours**, resting at home and doing as little as possible.
2. Applying a **cold compress** to the area (cold flannel to the skin or an ice pack over underpants to prevent skin burn) immediately post operatively may help to reduce swelling and bleeding.
3. For the whole of the first week you will need to **avoid heavy work, vigorous or strenuous movement, sport or intercourse.**
4. You have a very small wound on the front wall of the scrotum and we would like you to keep this **dry for 24 hours.** The wound will normally heal over 7 to 10 days. Occasionally the tiny wound is open during this time but heals on its own. Just keep it clean and dry.
5. A small cotton dressing may have been applied following your procedure. Please remove this before you shower.
6. Touching the area should be avoided to prevent infection.
7. Post-operative pain, swelling and bruising are normal and will usually resolve in a few weeks. Taking over the counter **pain medication** should be adequate to ease this.
8. It is normal for a wound to appear red or pink around the immediate edges of the surgical incision. If the wound appears red beyond the immediate edges and if there is any puss coming from the wound, this may be a sign of infection so please contact either your GP, 111 or **us on 01206 987525** as soon as possible for advice and possible treatment.
9. Please let us know if you **visit any other health provider** for assessment or treatment after your procedure so that we can **update your medical record** and monitor our clinical outcomes.

### Post Vasectomy Semen Analysis

1. It is not possible to tell whether the procedure has been successful until after 16 weeks as live sperm may continue to be present during this period.
2. Patients are required to submit a Semen Sample for Post Vasectomy Semen Analysis at 16 weeks.
3. The sample is sent by post to a laboratory for testing.
4. Patients should continue with their usual forms of contraception until they have been given the 'all clear' in writing. Instructions for the PVSA will be provided at the time of the procedure.
5. If you have lost your sample pot or your form, you will need to contact us for a replacement at a fee of £20.

### **PLEASE DO NOT FORGET TO DO YOUR SAMPLE!**

If you have any concerns, develop post procedure complications or an infection please contact us on 01206 987525 during office hours (please note we do not always have a clinician available), contact your GP, visit your local Walk-In-Centre or call 111 for advice and possible treatment.

**Vasectomy Consent Form – Page 1 of 2**

**Statement of Health Professional**

I have explained the procedure to the patient. In particular, I have explained:

1. The purpose of the vasectomy is to render the patient sterile and incapable of parenthood. It should be considered as a permanent means of contraception as reversal is often unsuccessful and is not available on the NHS.
2. The patient and his partner should use their usual means of contraception as advised by their doctor until they have been informed otherwise after semen analysis.
3. The early success rate of vasectomy is greater than 99%, but even after clearance has been given there is still the ongoing possibility of spontaneous reversal and pregnancy, with an estimated late failure rate of 1 in 2000.

**Possible Complications**

I have explained that if a complication occurs, it may be necessary for the patient to be treated via the NHS in secondary care. I have explained the side effects and possible complications of vasectomy as:

**Common**

1. Some degree of discomfort as the local anaesthetic is injected
2. Some bruising and swelling may occur and the amount is variable
3. Some discomfort/ post-operative pain
4. Some scar tissue at the site on each tube where the vasectomy has been performed

**Uncommon**

1. Infection which would usually require antibiotics (1%) but occasionally require further surgery
2. Bleeding from damaged blood vessels, sometimes producing a haematoma, (collection of blood in the scrotum), and occasionally requiring further surgery (1%)
3. Inflammation causing discomfort/ post-operative pain lasting more than a week and requiring time off work
4. Sperm Granuloma which is a small swelling at the point where the vas tubes have been divided. It is usually asymptomatic and will resolve on its own over 1 – 2 months. (1%)
5. Ongoing prolonged testicular/ scrotal pain (Chronic Post-Vasectomy Pain 1%) lasting beyond 3 – 6 months from procedure. You may need an assessment with your GP for possible referral to secondary care.

**Very rare**

1. Scrotal or testicular damage or loss

**ADDITIONAL INFORMATION DISCUSSED:**

I have provided the patient with written information regarding No-Scalpel Vasectomy and checked with the patient that he has read and understood it. I have had a Montgomery compliant collaborative discussion with the patient.

Clinicians Name.....

Patient Name:

Date of Birth:

NHS Number:

Clinician Signature.....

Date.....

**Vasectomy Consent Form – Page 2 of 2**

**Statement of patient**

I agree to the procedure described above.

I have received and read to my satisfaction the written patient information provided by the clinic.

I have been given time to ask questions regarding the procedure, its side effects and complications.

I have been reminded about alternative forms of long acting reversible contraceptives and have been provided with information regarding post-operative care and semen analysis.

I am aware that some patients may later regret having had a vasectomy.

I understand that the procedure will involve local anesthetic. I have advised the surgeon if I am on anticoagulants, have any drug allergies or have had previous surgery in the scrotal area.

I have been advised that a trainee may perform my operation under supervision.

**Responsibility for Semen Analysis Provision**

I understand that it is my responsibility to provide semen samples as explained. **I understand that without providing the necessary semen samples I will NOT know if the vasectomy has been successful.** I will NOT therefore be able to stop using other means of contraception without being at risk of conceiving a pregnancy.

I understand that should I NOT provide the necessary semen samples and I father any children post-vasectomy, I will NOT hold my vasectomy surgeon or Tollgate Clinic responsible for any costs or damages incurred. I am also aware that even after being confirmed as sterile there is a very small chance of my vasectomy failing at some time in the future.

Patient Name:

Date of Birth:

NHS Number:

Signed..... Date.....

Attach instrument ID sticker here

**Statement of Interpreter**

I have interpreted the information above to the patient to the best of my ability and in a way in which I believe he can understand

Patient Name:

Date of Birth:

Signed.....

## COVID19 Patient Screening

Patients will be asked to answer the following questions the day prior to any face-to-face appointment and on the day of the appointment.

### 1. Are you presenting with any COVID-19 Symptoms?

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

- a. Yes – Please contact the clinic to rearrange your appointment for after a 14-day period.
- b. No – Continue with Q2

The main symptoms of coronavirus are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

Additional advice for patients:

- Get a test to check if you have coronavirus as soon as possible.
- Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

### 2. Are you, or should you be self-isolating?

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

- a. Yes – Do not to attend clinic. Please contact the Clinic and your appointment will be cancelled and will be rebooked for after a 14-day period.
- b. No – continue with Q3

You should self-isolate if:

- you have any [symptoms of coronavirus](#) (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you have tested positive for coronavirus – this means you have coronavirus
- you live with someone who has symptoms or has tested positive
- someone in your support bubble has symptoms or has tested positive
- [you're told by NHS Test and Trace that you've been in contact with a person with coronavirus](#)

### 3. A face covering is required to be worn inside the building, unless you are exempt. Please advise us on arrival if you are exempt.

Government guidelines are that face coverings must be worn however some people, such as those with respiratory problems, are exempt from the requirement.

### 4. Are you attending the clinic appointment with a carer?

- a. Yes – Please advise one of our team at earliest convenience.
- b. No – You are required to attend appointment/building on your own.

**On Arrival at the Clinic**

- Please wait in your car on arrival and Tollgate Clinic will ring you when the clinician is ready to see you.
- Please make sure you are wearing your **face covering**.
- Please use the hand sanitiser on arrival and leaving the building.
- Healthcare professionals will be wearing appropriate Personal Protective Equipment.
- Everyone should maintain social distancing in the building and follow the one way system and exit by the door at the rear of the building.
- Please note that there will be limited use of toilets at the clinic however please feel free to ask a member of our team if you would like to use the facilities.
- Should your good health change, or you need to cancel or change your appointment they should contact the Tollgate Clinic as soon as possible.
- If you require any further appointments, please return home and phone the office, where we will be happy to book you in.
- If you need assistance our team will be happy to escort you back to your car after your procedure.

**Thank you very much for your support during this time.**