

**CENTRAL ARIZONA UROLOGISTS, LTD.**  
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**ADULT & PEDIATRIC UROLOGY**

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## **Pre Vasectomy Instructions**

**All consent forms should be signed by you and your wife, and brought to us before the vasectomy can be performed.**

**PLEASE REMEMBER:**

- 1. Stop all blood thinners (Aspirin, Plavix, Coumadin, Warfarin, Motrin, Ibuprofen, Advil, Aleve, Naproxen, Naprosyn.) ten (10) days prior to your procedure. If you have any questions about stopping these medications please ask your primary care physician or cardiologist.**
- 2. SHAVE ALL HAIR FROM THE UPPER SCROTUM.** This means just under the penis onto the scrotal sac.  
The area shaved should measure about 2–3 inches around. You should do this on the day of the vasectomy.  
You may lather the scrotum with soap and water, and shave with a safety razor.
- 3. After shaving the area, thoroughly wash the penis and the scrotum, then shower or bathe to remove all loose hairs. If needed, wash the area again just before coming in for your vasectomy.**
- 4. Bring a scrotal support (jock strap or suspensory, or tight jockey shorts).**
- 5. Wear comfortable trousers.**
- 6. If possible, bring someone who can drive you home.**
- 7. Refrain from eating or drinking for three hours before your vasectomy.**