

INSTRUCTIONS BEFORE YOUR NO NEEDLE NO SCALPEL VASECTOMY

(Please read these more than once before procedure)

PRIOR TO THE DAY OF YOUR VASECTOMY:

1. **If you must cancel your procedure, please do so at least seven days before the scheduled time to avoid being charged a cancellation fee. Sending an email to Emily is the most efficient way.**
2. You must watch the informational video on www.nostork.com as you will need to attest to having watched it.
3. Read and understand “after your vasectomy” so you can be prepared for a smooth recovery.
4. Do not take aspirin for five days prior because it can make you bleed more. If you are on a blood thinner, you may need special instructions. Send Dr. Snyder an email through the “Contact Us” page to get instructions.
5. Good supporting briefs should be worn to the vasectomy appointment. **Buy some briefs** if you do not already own them.
6. Schedule to be off work for one or two days after your vasectomy depending on how strenuous your job is.
7. **How to shave "Down There":** Here is how to know what area to shave exactly: if you stand in front of a mirror and lift the penis up, the area you are now viewing is where to shave. **Shaving the day prior to the procedure is best;** some alcohol is used for the prep and may sting a fresh shave if you wait until the day of the vasectomy. **First, use scissors and carefully clip away the hair close to the skin.** This is when most nicks occur. Be sure skin is not pulled up into scissors with the hair. **Second, use some shave cream and a disposable shaver to shave the area clean.** Any of your longer hair along the sides that obscures the now smooth skin should be trimmed back with scissors to improve access to the area.

ON THE DAY OF YOUR VASECTOMY:

BE CAREFUL USING GPS ON YOUR PHONE! BE SURE TO PUT IN OUR CURRENT ADDRESS: 4725 Statesmen Dr Suite A, Indianapolis, IN 46250. Google Maps works better than Waze for our address.

1. It is best to be driven to and from your vasectomy appointment. It is rare but possible to get lightheaded several minutes after the vasectomy is completed, especially men who have a history of getting lightheaded with other medical situations. If you choose to drive yourself, as many men do, you should be prepared to pull over quickly if you start feeling lightheaded, hot, or nauseated. **If you choose to drive yourself, you must accept all responsibility if you are involved in an accident on the way home.** Uber and Lyft are becoming popular alternatives.
2. Eating a light meal 1- 2 hours before the vasectomy is recommended; an empty or too full stomach may cause nausea.
3. Please arrive and check in 5 to 10 minutes early so we may prepare you for the procedure.
4. **Your wife or significant other is allowed and encouraged to be in the procedure room with you during the vasectomy. She will usually be a welcome distraction and calming influence.**
5. Your time at the office, including preparation, procedure, and recovery is usually less than one hour.
6. **Please remember to bring your signed consent and other completed forms to the office.**

Make a note of your vasectomy time and date: _____

Thank You,

No Stork, LLC

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