

# What is a Vasectomy?

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A vasectomy is a permanent method of birth control. It is only recommended for men who are absolutely sure that they do not want any more children.

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The operation has been successfully performed on men all over the world. The doctor cuts the narrow tubes (vas deferens), preventing the sperm from travelling from the testes to the penis. Semen continues to be produced but it does not contain any sperm.

Are any sex organs removed?

No, neither the penis nor the testes are removed. Semen and male hormones are produced as usual.

What happens to the sperm after a vasectomy?

Before the vasectomy, a man constantly produces sperm, some of which is expelled during ejaculation

and some of which remain in the vas deferens where they are absorbed into the blood stream. After the vasectomy this process is continued and the sperm is absorbed as before.

**Sperm is absorbed into the blood-stream after a vasectomy**

What is sex like after a vasectomy?

Sex continues to be enjoyable as before. Since the fear of unplanned pregnancy is removed, many people enjoy a better sex life. A vasectomy does not interfere with a man's ability to have an orgasm. The only difference is that the semen contains no sperm. Since only a tiny portion of sperm is contained in semen, the amount of semen (fluid) remains the same.

**Sex continues to be enjoyable as before.  
A vasectomy does not interfere with a man's ability to have an orgasm ...**

Sexual activity can be resumed one week after the operation when the stitches are removed. You must wear a jockstrap for one week after the operation to accelerate healing.

Can I impregnate a woman after a vasectomy?

For the first 15 to 20 ejaculations after the vasectomy it is possible to make a woman pregnant as there may be sperm within the system. The use of a condom is recommended during that time. Approximately six weeks after the operation a return visit to the clinic is necessary for a sperm count, to ensure that there is no sperm contained in the semen.

**Sexual relations may be resumed one week after the operation when the stitches have been removed**

You can visit any of the clinics of the Family Planning Association of Trinidad and Tobago, listed on the back of this brochure.