What Every Ob/Gyn Should Know About Vasectomies

J. Tyler Roseman, MD
Assistant Professor, Division of Urology
Ware-Dunn Society
Advances in Obstetrics and Gynecology Conference
February 9, 2018
About Me

• From Mooresville, NC – NASCAR capital of the world
• Undergrad: UNC-Chapel Hill
• Medical School: EVMS
• Residency: University of Louisville
• Fellowship in Reconstructive Urology
  – Good Shepherd Medical Center, Longview, TX (Chuck Secrest)
• No financial or non-financial disclosures
Objectives

• Review counseling relevant to pursuing a vasectomy

• Briefly describe vasectomy technique

• Describe the basics of the pre and post procedure experience
Background

- ~80-90 million unintended pregnancies/year
- ~30% of couples rely on male contraception
- Male contraceptive options limited
Available Male Contraceptives

- Abstinence
- Condoms
- Withdrawal
- Vasectomy

**TABLE 1**

<table>
<thead>
<tr>
<th>Method</th>
<th>1992</th>
<th>1995</th>
<th>2002</th>
<th>2008</th>
<th>Unintended pregnancy rate per year (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vasectomy</td>
<td>11</td>
<td>11</td>
<td>9</td>
<td>10</td>
<td>0.1</td>
</tr>
<tr>
<td>Condoms</td>
<td>12</td>
<td>20</td>
<td>18</td>
<td>16</td>
<td>15–20</td>
</tr>
<tr>
<td>Withdrawal</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>25–30</td>
</tr>
<tr>
<td>Total</td>
<td>25</td>
<td>34</td>
<td>31</td>
<td>31</td>
<td></td>
</tr>
</tbody>
</table>

Why Vasectomy?

• 500,000 vasectomies every year in US
  – Rate stagnated for 20 years
  – Half the rate of tubal ligation

• Access to care
  – Universal Healthcare
  – Canada and 7 other countries vasectomy > BTL
Decision for Sterilization

• Usually initiated by Female partner

• Dissatisfied with alternative birth control

• Family/friends/social groups often play into which partner is sterilized
Decision for Vasectomy

• Higher number of children

• Higher education status

• Caucasian ethnicity
Vasectomy vs. BTL?

**Vasectomy**
- Costs $400-1200*
- In office (most)
- < 1% failure rate
- Delayed sterility

**Tubal Ligation**
- Costs $10,000 or more*
- OR/Surgery Center
- 18.5/1000 procedures
- Immediate sterility
Vasectomy vs. BTL

- Cost of treating complications
  - $0.06 per procedure for vasectomy
  - $62.52 per procedure for BTL

- Ectopic Pregnancy 7/1000 procedures

- Vasectomy **NOT COVERED** by ACA “contraceptive mandate”
  - It is covered by VCC
Vasectomy Instruments

- Vas Clamp
- Sharp Dissecting Forceps
How To Guide to Vasectomy

Apply the vas ring clamp around the vas, perivascular tissue and overlying skin.

Spread the vas dissector to isolate the vas from all adjacent tissue.
Occlusive Techniques

Definitions and Diagrams:

FI: fascial interposition
MC: mucosal cautery
T: testicular end of divided vas
A: abdominal end of divided vas
MSI: non-divisional extended electrocautery (Marie Stopes International Technique)

- MUCOSAL CAUTERY
- LIGATION
- CLIP OCCLUSION
- FI

Testicular end open, abdominal end cauterized with FI

- MC with FI
- MSI
- MC without FI

Occlusive Failure Range = 0.0~0.50%

Ligation both ends with FI

- MC with FI
- MSI
- MC without FI

Occlusive Failure Range = 0.0~0.55%

Ligation both ends without FI

- MC with FI
- MSI
- MC without FI

Occlusive Failure Range = 0.0~0.60%

- FI

Occlusive Failure Range = 0.0~13.76%
Vasectomy Steps

- Lidocaine and Marcaine mixture injected into scrotum and vasal sheath
- Make opening in skin and retrieve vas
- Dissect sheath away and divide vas
- Mucosal cautery +/- flap interposition
Pre-operative discussion

• Vasectomy is intended as a permanent form of sterilization

• Vasectomy does not produce immediate sterility
  – Need PVSA at 8-16 weeks
  – Continue alternative form of birth control

• Risk of pregnancy after successful vasectomy = 1 in 2000
Pre-operative discussion

• Less than 1% need repeat vasectomy
• Complication rate 1-2%
  – Scrotal hematoma
  – Infection
  – Post-vasectomy pain syndrome
• Failure = more than RNMS at 6 months
• Can vasectomy be reversed?
Vasectomy Reversal

• Not covered by insurance = CASH PAY ONLY
  – Likely > $10,000 if done in hospital

• Success does not always = Pregnancy

• Longer time from Vasectomy leads to lower pregnancy rates
Does this make sex worse?

- 2017 Study of vasectomized men and their partners
- Sexual Satisfaction in vasectomized men > non-vasectomized men
- No difference in satisfaction of their female partners
Post-Procedure Recovery

• No strenuous activity for 2-3 days

• RICE

• NSAIDS/Tylenol

• No sexual activity for 1 week

• March Madness is a great time to do it!!!


Thank You!

Questions?