

Permanent methods

Vasectomy (male sterilization)

This is a very small operation for permanently preventing childbirth. Vasectomy requires less time and not much trouble for men. No hospital stay is necessary.

There are two methods for vasectomy

- Conventional vasectomy
- No scalpel vasectomy

Conventional vasectomy

The procedure takes a few minutes and the person can go home in an hour. An experienced doctor uses a scalpel to make a small slit in the scrotum, and finds the vas on each side. The vas is tied and cut to stop the sperms from reaching the semen sac. One stitch is required.

No scalpel vasectomy

The **no-scalpel** method uses only a needle puncture to complete the process. No stitch is required. So no need to come back for stitch removal. This method is becoming popular. Now doctors are being trained in this new technique. There are less side effects of NSV as compared to conventional vasectomy. This is a safe and easy method and requires only 10–15 minutes.

Men commonly think that vasectomy causes weakness — in work and sexual life. This is not true and there is no evidence about it so far. The testicles are not even touched in vasectomy. It is the testicles that secrete hormones and regulate sexual functions. Vasectomy does not affect this any way. There is a need to popularize vasectomy.

Why sometimes pregnancy occurs after vasectomy?

After vasectomy three months are needed to make the semen sperm-free. A condom has to be used during this period. This point is often ignored by men and conception can take place. Condom use for three months after vasectomy can prevent chances of pregnancy.