



## Brochure: vasectomy

Vasectomy performed at Andros Clinics the largest urological clinic in the Netherlands. Since 2004, Andros has been the leading specialist for men. You can rely on the best possible vasectomy procedure in a relaxed atmosphere.

### Vasectomy

A vasectomy is a minor surgical procedure on the sperm tubes to prevent pregnancy (fertilisation). The procedure is known as one of the most reliable methods of contraception. In this procedure, the specialist cuts and seals both sperm tubes.

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## Reliable contraception

Each year, about 20,000 men in The Netherlands undergo this procedure to be ensured of reliable contraception. One must bear in mind that a vasectomy is practically irreversible, it is a permanent form of contraception. It is meant for anyone who is certain that they do not want to have any (more) children, now and in the future.

## No negative impact on ejaculation

Prior to the procedure, many men worry about negative impact on their sex life after vasectomy. There is no reason for concern as a vasectomy does not negatively affect the sexual mechanism and the sensation after a sexual climax. The only difference after a vasectomy is that your seminal fluid (semen) will not contain any sperm. Sperm cells remain in the testicles and are broken down. Sperm production will slowly decrease and will stop 5 to 10 years after the procedure.

## How to prepare yourself for the vasectomy

It is important to prepare yourself to contribute to a successful vasectomy. Please read carefully what you need to do yourself.

### Informed Consent

Before the sterilization procedure can take place, it is important that you carefully review the informed consent form and provide your consent for the procedure.

The informed consent form must be fully completed before the procedure can be carried out. You can find the form in your personal portal.

## Three days before the vasectomy

- Three days before the procedure you are requested to shave your pubic hair, especially your scrotum (ball sack) with a razor or an electric shaver.

## Day of the vasectomy

- To prevent infection, please wash yourself thoroughly with water and soap on the day of the procedure.
- You are allowed to eat normally on the day of the procedure.
- After the procedure, you are not allowed to drive a car or ride a bike. We advise you to ask someone to accompany you to the appointment.
- Make sure to wear tight-fitting and comfortable underwear or swim shorts on the day of the procedure.
- We advise you to take two 500mg paracetamol (acetaminophen) tablets just before you leave your house.

## The Andros App – your support before and after the procedure

The Andros app is an important tool during the preparation for and recovery after your vasectomy.

Through the app, you will receive clear instructions at the right time to help you prepare for the procedure. This way, you will know exactly what to do and when.

After the procedure, we will monitor how you are doing through the app. You will receive a short questionnaire about your recovery and any symptoms you may experience. This allows us to quickly identify if additional attention is needed.

### Do you have questions?

Through the app, you can chat with our AI assistant 24 hours a day for general questions. On working days, you can also contact one of our nurses through the app.

With the Andros app, you always have the right information at hand, and we are close by when you need us.

### Download the Andros app

You will receive a text message (SMS) with a link to download the app.

Did you not receive a text message? Use the QR code below to download the app.



### **Do you use blood-thinning medications?**

If you use blood thinners, there may be an increased risk of bleeding. Therefore, it is necessary that you stop taking these medications a few days prior to the procedure.

Do you have questions about using blood thinners or about when you should stop?

Please contact one of our nurses at: [pos-comp@andros.nl](mailto:pos-comp@andros.nl).

## **Your visit to our clinic**

### **What do you bring to the appointment?**

- Bring valid identification (ID, passport, drivers license)
- Bring a list of the medication you use or allow your pharmacy to share your history of medication. You may do so via <https://www.volgjezorg.nl>.

Before starting the vasectomy procedure, you will meet and talk with the specialist who will carry out the vasectomy. During this talk, the specialist will discuss the procedure in detail. If you have any questions, the specialist will be happy to answer these. After this, it's time to start the procedure.

### **Local anaesthetic**

After your talk with the specialist, you will be asked to lie down on the treatment table. Your scrotum will be disinfected and two injections will be administered to numb the skin.

The injections may feel somewhat uncomfortable, which is why you're advised to take two paracetamol (acetaminophen) tablets just before you leave your house.

## **The procedure**

After receiving the anaesthetic, you will feel no pain. You may feel some tugging and pulling of the sperm tubes which may feel uncomfortable to your lower abdomen.

The specialist will make a small cut left and right of your scrotum to reach the sperm tubes, and then cuts and removes a small section of both tubes. The ends of both tubes are then tied. The cuts in the skin are closed with stitches or an adhesive strip and covered with sterile bandages. The vasectomy takes about 15 minutes.

## **Recovering after the procedure**

When the procedure is done, you will be asked to take a seat in our waiting room where you will be offered a cup of coffee or soup. We want to make sure you're feeling okay before you leave our clinic.

## **After the vasectomy procedure**

For the remainder of the day, you need to rest to avoid any post-op bleeding. If you experience any pain in your scrotum or groin area after the anaesthetic has worn off, you can take paracetamol (acetaminophen) or try to cool it down (usually not necessary).

We advise you to take paracetamol for the first two days after the procedure and to reduce this slowly. This is important for the healing process.

- Day 1 and 2: 4 times a day (every 6 hours) 2 paracetamol of 500 mg
- Day 3 and 4: 4 times a day (every 6 hours) 1 paracetamol of 500 mg

We advise you to wear tight-fitting and comfortable underwear or swim shorts to help support your scrotum till you no longer feel any pain or discomfort in the groin area.

## **Lifestyle advice after a vasectomy**

To prevent complications, we advise you to stick to a number of rules following the days after the procedure:

- You may not shower until two days after the procedure. 24 hours after the procedure, you can remove the bandage yourself and after 48 hours you are allowed to take a shower.
- You may go to work if you feel you are capable to do so. Avoid any straining physical activities, especially during the first few days after the procedure.
- Cycling, exercising, swimming or heavy lifting is allowed one week after the procedure.
- Contact sport is allowed 10 days after the procedure
- Sexual intercourse is allowed one week after the procedure, but please keep in mind that you are not instantly infertile after the procedure.
- If the skin has been stitched, the stitches will dissolve by themselves after approx. 10 till 14 days, and so do not need removing.
- Please keep in mind that your skin needs to heal and that it may be sensitive up to six weeks.

## Side effects and complications

One or two days after the procedure, we will contact you through the Andros app to ask how you are doing and whether you have experienced any complications.

In general, complications are uncommon. After the procedure, one or more side effects may occur. These side effects are common and usually disappear within about a week.

### Bruising

After the procedure, a blue or purple discoloration of the scrotum (testicles) or the base of the penis may occur. This is caused by a small bruise under the skin. This is normal and usually disappears on its own within a few weeks.

### Bleeding or wound fluid

A small amount of blood or wound fluid may come from the small wounds. This is usually not concerning and will stop on its own within a few days.

If a wound continues to bleed, press the incision closed for about one minute.

## Pain

After the procedure you may experience pain or a bruised feeling in the testicles. Walking may also feel uncomfortable.

You may take paracetamol (acetaminophen) if needed for pain relief.

## Congestion or pressure

In the first weeks after the vasectomy, you may experience a feeling of pressure or congestion in the testicles. This can sometimes be uncomfortable, for example shortly before ejaculation. This feeling is usually temporary and will disappear on its own.

## Long-term pain

A small number of men (about 5%) experience longer-lasting pain in the testicle or epididymis after a vasectomy. This is known as post-vasectomy pain. It can occur when scar tissue irritates a nerve that runs along the vas deferens to the testicle.

## When should you contact us?

Contact us if one of the following occurs:

- Fever above 38.5 °C (101.3 °F)
- Significant swelling of the scrotum
- A wound that keeps bleeding
- Severe pain

## How to contact us

- If you have urgent symptoms after the procedure, call the Andros Clinics emergency number: [+31 26 389 06 82](tel:+31263890682).  
This number is available 24 hours a day, 7 days a week. The operator can put you in direct contact with a doctor if necessary.
- For questions or less urgent complaints, during office hours (08:00 – 17:00), you can:
  - call [+31 26 389 17 53](tel:+31263891753), or
  - send a message via the chat in the Andros app.
- If necessary, the doctor may advise you to contact the out-of-hours GP service or the emergency department.

After the vasectomy you will receive a letter by email with information for the out-of-hours GP service explaining that you have undergone a vasectomy.

## Sperm check after three months

After the vasectomy procedure, you are not instantly infertile. The first months after the procedure, there will be sperm cells in your semen at ejaculation as there are still sperm cells present in the seminal vesicles and the prostate.

After approximately three months and at least 30 ejaculations, your semen will be tested to find out if the procedure has been successful.

After the procedure, we will provide you with a sterile plastic container to collect and hand in your semen. To have reliable results, it is important that you carefully follow the instructions in the information leaflet about the sperm check. The results of the test will be ready within 10 working days. You will receive an e-mail informing you that your test results are available to access in your digital patient file MijnAndros.

It may occur that you have to hand in an additional sample. One to three patients in 1,000 experience renewed fertility after a long period of time caused by re-attachment growth of the sperm tube ends, creating free passage to sperm cells.

### MijnAndros

The results of the sperm check will be made available in your digital patient file. You can log in with your credential. If it's the first time you- log in, please click 'Wachtwoord vergeten', you will then receive your temporarily password in your e-mail. [Click here to log into your patient file.](#)

## Costs of a vasectomy

The costs of a vasectomy performed at Andros are €495 in 2026.

### Vasectomy not covered in basic package of health insurance

Vasectomy costs are not covered in the basic package of health insurers, which means you will have to pay for the costs yourself charged by clinics or hospitals.

You do not need a referral from your GP, if you pay for the costs yourself. You pay €495 by debit card at our reception. It is not possible to pay in cash or with creditcard. We will send you the invoice for the vasectomy procedure after processing the administration following the NZa rules (NZa= Dutch Healthcare Authority) in your digital dossier. This will be 42 days after the procedure.

## **Reimbursement via supplemental insurance**

Some supplemental insurances provide reimbursement of vasectomies. In this case, you can reimburse the expenses of the vasectomy procedure with your health insurer. You may need a referral from your GP or approval from your health insurer. We advise you to contact your health insurer before visiting our clinic.

## **Cancelling your appointment**

If you are not able to come to your appointment, please let us know at least 7 days prior to your appointment.

## **Costs for cancelling or not showing up at your appointment**

When you visit us for a vasectomy, a well-prepared team is ready for you. Due to preparations, we can no longer fill your reserved spot. That's why we charge costs if you cancel or don't show up.

- When you don't show up or cancel on the day of the procedure, the costs are €150,-
- When you cancel within 7 days before the procedure, the cancellation fee is €75,-.

## **Complaints and suggestions**

All the staff at Andros do their utmost to provide good care and assistance. But it may occur that you are not fully satisfied. If this is the case, please discuss your concerns or complaints with the staff involved in your procedure. We consider each complaint as a chance to learn and improve our quality of service. If you are still not satisfied, you can

contact our Complaints Coordinator. Read more about this: [www.andros.nl/over-andros/uw-bezoek/klachten](http://www.andros.nl/over-andros/uw-bezoek/klachten) (in Dutch)

## Feel free to contact us

Do you still have questions after reading our leaflet? Please feel free to contact us. You can reach us by telephone at 026 – 389 17 53, Monday through Friday, 08:00-17:00, or via e-mail at: [info@andros.nl](mailto:info@andros.nl).

## Adressen, routes en parkeren

### Andros Clinics Amsterdam

Louwesweg 6 (2e etage)  
1066 EC Amsterdam

Parkeren: betaald parkeren in parkeergarage De Plantijn. Houd er rekening mee dat het vanaf de parkeergarage ongeveer 10 tot 15 minuten lopen is naar onze kliniek.

Bent u mindervalide of slecht ter been? Er zijn enkele openbare mindervalidenparkeerplaatsen beschikbaar. Helaas kunnen wij deze niet voor u reserveren. U kunt ook iemand afzetten bij de ingang van Amsterdam Slotervaart en daarna de auto parkeren in de parkeergarage.

[Plan route naar kliniek met Google](#)

[Plan route naar parkeergarage met Google](#)

### Andros Clinics Arnhem

Meester E.N. van Kleffensstraat 5  
6842 CV Arnhem

Parkeren: gratis parkeren op eigen parkeerterrein. Mindervalideparkeerplaats beschikbaar, reserveren niet mogelijk.

[Plan route met Google](#)

### Andros Clinics Baarn

Hermesweg 15  
3741 GP Baarn

Parkeren: gratis parkeren op eigen parkeerterrein, laadpalen en

mindervalideparkeerplaats beschikbaar maar reserveren is niet mogelijk.

[Plan route met Google](#)

## **Andros Clinics Rijswijk – Den Haag**

Madame Curielaan 8-10

2289 CA Rijswijk

Parkeren: met blauwe kaart 2 uur gratis rondom kliniek of betaald bij Q-park Hoornwijck.

Openbare mindervalideparkeerplaats voor de deur, reserveren niet mogelijk.

[Plan route naar kliniek](#)

[Plan route naar Q-park](#)

## **Website sterilisatieklinieken.nl**

[Link to our vasectomy website](#)