



BlueResource<sup>SM</sup> – Protecting Your Health – Understanding Vasectomy

# Guys, Take Control of Your Birth Control

If you'd like to snip your risk for unwanted pregnancy, think about vasectomy. The simple, in-office procedure is nearly 100 percent effective. About 500,000 U.S. men have one each year. Talk with a provider to see if it's right for you.

**Know what to expect.** One or two small incisions in the tubes that carry sperm block it from mixing with semen released during orgasm. Recovery is quick.

**Numb your fears.** Local anesthesia means there's no pain. You'll enjoy the same sex drive, function and orgasms afterward – without sperm.

**Get tested before unprotected sex.** See your provider 12 weeks later to make sure there's no sperm in your semen. Until then, wear a condom.



**Take an active role in birth control.**

**Sources:** *Vasectomy.* Mayo Clinic. 2023.  
*Vasectomy.* Planned Parenthood. 2023.

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