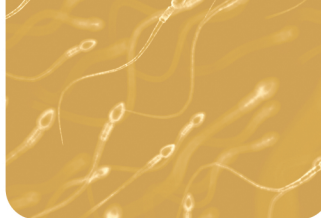




This vasectomy season

Score yourself a vasectomy 3-pointer



01

Get a safe, effective, and permanent form of birth control.

02

Recover while watching one of the most exciting sports events of the year.

03

12 weeks later, test the success of your vasectomy from the comfort of home.

Recovering from a vasectomy isn't hard, but it's important.

After your procedure, you'll spend the first couple days relaxing at home with some ice packs, snacks, and beverages close at hand. No vigorous exercise or physical labor for a week, either.

With all that down time, you'll need something to do, and college basketball fits the bill. That's why March is the busiest month of the year for vasectomy providers.¹

¹: "The OTHER March Madness: A rush for vasectomies during the NCAA tournament". *Washington Post*, March 22, 2017

After your vasectomy:

Use ice and pain relievers.

Use ice packs for the first day or two to reduce pain and swelling. Don't apply ice directly, and limit your usage to about 20 minutes at a time. Pain is usually managed with over-the-counter medications.

Wait a week to have sex, and use contraception.

You can resume ejaculation 1 week after the procedure, but you must use an alternative form of contraception until you've completed your Fellow Vasectomy Test and been cleared by your provider.

Test with Fellow.

After 12 weeks and at least 20 ejaculations, use your Vasectomy Test kit. Fellow will remind you when it's time. After you produce your sample and ship it to the Fellow lab, you'll have results in 5–7 business days.

Call your provider about any health concerns.

Please call your physician if you develop a fever over 100.4F or experience excessive bleeding, pain not relieved by scrotal elevation or pain medication, or persistent pain and swelling.