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### Post-Vasectomy Instructions

Apply an ice pack intermittently to the scrotum for 24 hours after the procedure to help decrease discomfort and swelling. Some scrotal swelling and bruising is common and will resolve in a few days.

A small amount of bright red bleeding from the sites is to be expected. **Do not be alarmed.** If you think the amount is excessive, call my office.

You may experience a dull ache in the testicles and groin. At the time of discharge from the hospital you will be given a prescription for pain medication to use as needed. You may use Tylenol for pain if you choose, but Aspirin and Aspirin-containing medications, non-steroidal anti-inflammatory products and herbal supplements that may affect bleeding should be avoided for the first three days after your vasectomy.

Wear a scrotal supporter at all times (even when sleeping) for 48 hours after the procedure. You may remove it to shower.

You should remain at rest for 24 hours. You may resume light work in 2 – 3 days. **No heavy work, sports or lifting are allowed for one week.**

**No driving until Monday.** (You may be a passenger.)

Sexual intercourse may be resumed in one week. There may be blood in the first few ejaculations after vasectomy. Do not be alarmed. This will clear after 3 to 4 ejaculations.

Hard areas at the bottom of your testicles are at the tail of the epididymis where the sperm build up and get resorbed after a vasectomy. As the sperm production and absorption equilibrate, the hardness will decrease.

**You will not be sterile immediately after vasectomy. After the vasectomy, contraception must be used until the absence of sperm is confirmed by two consecutive semen analyses done 6 weeks or 15 ejaculations and 12 weeks. We will provide you with two semen analysis specimen containers that can be used if you elect to bring your specimen from home.**

The laboratory you decide to use will provide you with instructions on collecting the specimen. Sperm will remain visible for weeks and moving for days, freshness is not an issue. **IF YOU WISH TO USE DR. GOLDSTEIN'S LABORATORY, PLEASE CALL (212) 746-5470 TO MAKE AN APPOINTMENT.**

Semen specimen must not be stored in the refrigerator or on a radiator.

You must take the prescription that is given to you for the semen analysis to any laboratory.

**If you have any questions, please feel free to call the office.**

# Ketorolac

Generic Name: ketorolac (Kee-toe-ROLE-ak)

Brand Name: Apo-Ketorolac Injectable; Ketorolac Tromethamine Injection, USP; Toradol; Toradol IM

## Warning

- This drug may raise the chance of heart and blood vessel side effects like heart attack and stroke. If these happen, they can be deadly. The risk of these side effects may be greater if you have heart disease or risks for heart disease. However, the risk may also be raised in people who do not have heart disease or risks for heart disease. The risk of these health problems can happen as soon as the first weeks of using this drug and may be greater with higher doses or with long-term use. Do not use this drug right before or after bypass heart surgery.
- This drug may raise the chance of very bad and sometimes deadly stomach or bowel side effects like ulcers or bleeding. The risk is greater in older people. The risk is also greater in people who have had stomach or bowel ulcers or bleeding before. These problems may occur without warning signs. Talk with the doctor.
- This drug is only to be used for short-term pain (up to 5 days total). It may cause unsafe side effects if taken more than 5 days.
- Do not take this drug if you have ulcer disease, very bad kidney problems or a risk for kidney problems because of low blood volume, or a high chance of bleeding or any active bleeding like bleeding in the brain.
- Tell your doctor if you are 65 years of age or older, you have kidney problems, or you weigh less than 110 pounds (50 kilograms).
- Do not take if you have had an allergic reaction to this drug, aspirin or other NSAIDs like ibuprofen in the past.
- Do not take before surgery to prevent pain.
- Do not take with aspirin or other NSAIDs like ibuprofen or naproxen.
- Do not take if you are pregnant and in labor.
- This drug is not approved for use in children. Talk with the doctor.

## What is this drug used for?

- It is used to ease pain.

## What do I need to tell my doctor before I take this drug?

- If you have an allergy to ketorolac tromethamine or any other part of this drug.
- If you are allergic to any drugs like this one, any other drugs, foods, or other substances. Tell your doctor about the allergy and what signs you had, like rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other signs.
- If you have gotten nasal polyps or had swelling of the mouth, face, lips, tongue, or throat; unusual hoarseness; or trouble breathing with aspirin or NSAID use.
- If you have had recent heart bypass surgery.

- If you have ever had any of these health problems: Ulcer disease or bleeding in the stomach or bowel.
- If you are more than 24 weeks pregnant.
- If you are taking any of these drugs: Aspirin, pentoxifylline, probenecid, or any nonsteroidal anti-inflammatory drug (NSAID).
- This is not a list of all drugs or health problems that interact with this drug.
- Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

## What are some things I need to know or do while I take this drug?

- Tell dentists, surgeons, and other doctors that you use this drug.
- You may bleed more easily. Be careful and avoid injury. Use a soft toothbrush and an electric razor.
- If you have asthma, talk with your doctor. You may be more sensitive to this drug.
- Talk with your doctor before you drink alcohol.
- Have blood work checked as you have been told by the doctor. Talk with the doctor.
- If you smoke, talk with your doctor.
- High blood pressure has happened with drugs like this one. Have your blood pressure checked as you have been told by your doctor.
- Do not take more than what your doctor told you to take. Taking more than you are told may raise your chance of very bad side effects.
- Do not take this drug for longer than you were told by your doctor.
- The chance of heart failure is raised with the use of drugs like this one. In people who already have heart failure, the chance of heart attack, having to go to the hospital for heart failure, and death is raised. Talk with the doctor.
- The chance of heart attack and heart-related death is raised in people taking drugs like this one after a recent heart attack. People taking drugs like this one after a first heart attack were also more likely to die in the year after the heart attack compared with people not taking drugs like this one. Talk with the doctor.
- If you are 65 or older, use this drug with care. You could have more side effects.
- This drug may cause harm to the unborn baby if you take it while you are pregnant.
- Tell your doctor if you are pregnant or plan on getting pregnant. You will need to talk about the benefits and risks of using this drug while you are pregnant.
- Tell your doctor if you are breast-feeding. You will need to talk about any risks to your baby.

## What are some side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Headache.
- Belly pain or heartburn.
- Upset stomach.

- These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.
- You may report side effects to your national health agency.

## What are some side effects that I need to call my doctor about right away?

**WARNING/CAUTION:** Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of bleeding like throwing up blood or throw up that looks like coffee grounds; coughing up blood; blood in the urine; black, red, or tarry stools; bleeding from the gums; vaginal bleeding that is not normal; bruises without a reason or that get bigger; or any bleeding that is very bad or that you cannot stop.
- Signs of kidney problems like unable to pass urine, change in how much urine is passed, blood in the urine, or a big weight gain.
- Signs of liver problems like dark urine, feeling tired, not hungry, upset stomach or stomach pain, light-colored stools, throwing up, or yellow skin or eyes.
- Chest pain or pressure.
- Weakness on 1 side of the body, trouble speaking or thinking, change in balance, or blurred eyesight.
- Shortness of breath, a big weight gain, swelling in the arms or legs.
- Very bad headache.
- Feeling very tired or weak.
- A very bad skin reaction (Stevens-Johnson syndrome/toxic epidermal necrolysis) may happen. It can cause very bad health problems that may not go away, and sometimes death. Get medical help right away if you have signs like red, swollen, blistered, or peeling skin (with or without fever); red or irritated eyes; or sores in your mouth, throat, nose, or eyes.

## How is this drug best taken?

- Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.
- **Tablet:**
  - Take with or without food. Take with food if it causes an upset stomach.
- **Shot:**
  - It is given as a shot into a muscle or vein.

## What do I do if I miss a dose?

- If you take this drug on a regular basis, take a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.

- Many times this drug is taken on an as needed basis. Do not take more often than told by the doctor.

## How do I store and/or throw out this drug?

- **Tablet:**

- Store at room temperature.
- Store in a dry place. Do not store in a bathroom.

- **Shot:**

- The shot will be given to you in a hospital or doctor's office. You will not store it at home.

- **All products:**

- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Check with your pharmacist about how to throw out unused drugs.

## General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Keep a list of all your drugs (prescription, natural products, vitamins, OTC) with you. Give this list to your doctor.
- Talk with the doctor before starting any new drug, including prescription or OTC, natural products, or vitamins.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

*Consumer Information Use and Disclaimer: This information should not be used to decide whether or not to take this medicine or any other medicine. Only the healthcare provider has the knowledge and training to decide which medicines are right for a specific patient. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does NOT include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this medicine. This information is not specific medical advice and does not replace information you receive from the healthcare provider. You must talk with the healthcare provider for complete information about the risks and benefits of using this medicine.*

## IMPORTANT

**DO NOT** stop using contraception until you have had two (2) semen analyses that confirm you no longer have sperm in your semen.

Your first semen analysis should be 6 weeks after your vasectomy. (Or after 15 ejaculations, whichever comes first)

Your second semen analysis should be 12 weeks after your vasectomy. (Or after 30 ejaculations, whichever comes first)

Your semen analysis can be done in the following ways:

1. Using SpermCheck, the at-home vasectomy test. Tests can be ordered at [www.spermcheck.com](http://www.spermcheck.com).
2. At Dr. Goldstein's Semen Analysis Laboratory. Call 212-746-5470 to make an appointment.
3. At ReproLab, located at 332 East 30<sup>th</sup> Street. Call 212-779-3988 to make an appointment.
4. At Quest Diagnostics. Call 866-697-8378, Option 2 to find the closest laboratory. No appointment necessary.

Please call our nurse at 212-746-5472 if you have any questions.

MARC GOLDSTEIN, MD  
525 EAST 68TH STREET  
STARR 900  
BOX 580,  
NEW YORK, NY 10021  
(212) 746-5470  
LIC. 117021

PRACTITIONER DEA NUMBER

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Patient Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age 38 Sex 

M
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**Rx** Post vasectomy semen analysis



ICD: z30.2

Prescriber Signature X

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MAXIMUM DAILY DOSE  
(controlled substances only)

THIS PRESCRIPTION WILL BE FILLED GENERICALLY UNLESS PRESCRIBER WRITES 'daw' IN BOX BELOW

**REFILLS**

None

Refills: \_\_\_\_\_

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Dispense As Written

**PATIENT INSTRUCTIONS FOR COLLECTION AND TRANSPORT  
OF SEMEN FOR LABORATORY ANALYSIS**

**In order to avoid delays and the increased cost of repeat testing, please follow these instructions for preparing for the post vas and/or sperm count testing and for properly collecting the semen specimen.**

1. You must wait 8 to 16 weeks after surgery before submitting a post vasectomy specimen for testing. Consult your physician/surgeon regarding this waiting period.
2. You must have abstained (**no ejaculation**) for a **period of 2-7 days** (ideally 3 days) **prior to collecting** a sample for post vasectomy or sperm count testing unless otherwise advised by your physician.
3. After you collect your specimen **outside** the laboratory, you **must**:
  - Deliver the sample to the laboratory as soon as possible after collection.
5. **COLLECTION METHOD**  
You must collect:
  - Specimen by masturbation **ONLY**. Do not use saliva as a lubricant. The only acceptable lubricant is liquid glycerin available at your local drug store.
  - **The entire sample** should be in the collection container. To avoid contamination, do not open the container until just prior to ejaculation.

**NOTE:** Semen collected in a condom or by coitus interruptus is **NOT ACCEPTABLE** for evaluation. **IF YOU ARE UNABLE TO COLLECT BY MASTURBATION, CONTACT YOUR PHYSICIAN TO DISCUSS AN ALTERNATIVE COLLECTION METHOD.**
6. **PREPARATION FOR COLLECTION**  
Just before you collect:
  - A. Urinate.
  - B. Wash genital area, using **WARM WATER ONLY**. Use of soap may cause interference with test results.
  - C. Wash your hands with warm water and soap. Rinse thoroughly and dry.
  - D. Remove the cap from the specimen cup immediately prior to collection. Avoid touching the inside of the cup or the inside of the container lid.
7. **COLLECTION**
  - A. Obtain the semen sample **by masturbation**.
  - B. Ejaculate directly into the specimen cup. (The penis **should not touch** the inside of the cup.)
  - C. Collect the **ENTIRE** ejaculate.
  - D. Replace container lid as soon as specimen is collected to avoid contamination.
8. **FOLLOWING COLLECTION**  
You should:
  - A. Wash your genitals and hands. (Soap may be used on the genital area after the sample has been collected.)
  - B. Label your specimen container. Include the following information:
    - Your name
    - Collection date
    - EXACT** time of collection
  - C. Deliver the sample to laboratory staff.

The laboratory is located at \_\_\_\_\_.

If you have questions, please contact \_\_\_\_\_ at the following telephone number

\_\_\_\_\_.



# Home Monitoring Program

Please report your test results  
866-635-2309

Test Date #1: \_\_\_\_\_

Test Date #2: \_\_\_\_\_

SpermCheck<sup>®</sup>  
VASECTOMY

## HOME TEST FOR MEN Indicates Successful Vasectomy

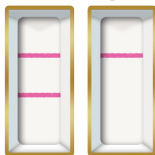
### The **ONE** and **ONLY** Home Vasectomy Test

Why Test with SpermCheck<sup>®</sup> Vasectomy?

- ✓ *Recommended* by Urologists
- ✓ *Results* in 10 Minutes
- ✓ *Convenient & Private*
- ✓ *Accurate*

Ask your physician about home testing  
with SpermCheck<sup>®</sup> Vasectomy

Positive Negative



SpermCheck<sup>®</sup>  
VASECTOMY

FDA

APPROVED



PATIENT REFERRAL FORM

Date: \_\_\_\_\_



Home Monitoring Program

Fax Completed Form to: 800-506-5461

To be Completed by Clinic

Clinic Male Repro Medicine Phone 212-746-5470 Urologist Dr. Marc Goldstein, MD

Physician Testing Protocol - To be Completed by Clinic (Please Check Box)

Validation #1: 45 Days (6 weeks) 60 Days (8 weeks) 90 Days (12 weeks) \_\_\_\_\_

Validation #2: 90 Days (12 weeks) 120 Days (16 weeks) \_\_\_\_\_

Special Instructions:

Patient Information - To be Completed by Patient

First Name Last Name

Date of Birth Vasectomy Date

Patient Phone Alt. Phone

Patient Email

Patient City Spanish Only

Patient Zip Code Other

Please Report Your Results

Patient Authorization - To be Completed by the Patient

By signing, you give your physician permission to release your information to SpermCheck® so a program consultant may contact you about ordering your SpermCheck® Vasectomy Tests as well as reporting your results. I agree to report my test results according to the protocol indicated below and understand that SpermCheck® will provide me with reminders prior to the scheduled test date.

Patient Signature Date

Patient Process

1. Once this form is received, a representative from SpermCheck® will contact the patient to order the required tests as outlined in the protocol. The patient may also order online at www.SpermCheck.com

2. The patient will perform test on dates corresponding to protocol. SpermCheck will provide reminders to patients of test dates.

3. Patient will report results to SpermCheck at 866-635-2309

4. SpermCheck will send patient test result report to clinic

SpermCheck® Vasectomy Home Monitoring Program - Please Report Your Results

If you have any questions, give us a call at 866-635-2308