Inspected and rated Outstanding

CareQuality Commission

Additional Information: Regret After Vasectomy

Please read this information leaflet carefully

INDEPENDENT HEALTH GROUP

ihg.org.uk

This leaflet contains information that we believe may be helpful for you. However, what is important to one person may be different for another, and you may have questions about how the information applies to you. Please ask us as many questions as you need – we are here to help.

Men at a higher risk of later regretting having had a vasectomy would include:

- Men aged less than 30 years old, and who have had fewer than 2 children
- Men with no children
- Men whose partner is pregnant or whose youngest child is aged less than 1 year old
- Men not in a relationship at the time of their vasectomy
- Men experiencing conflict or a crisis in their life
- Men experiencing coercion

If any of the above is true for you please consider the following additional points before having a vasectomy.

Vasectomy should be considered a permanent method of contraception.

Vasectomy reversal procedures are not always successful. So before having a vasectomy, be aware of all of the other options and that reversal is expensive and not available on the NHS.

Long-acting reversible contraceptives.

Female contraceptive injections, implants and coils have similar effectiveness rates to vasectomy, but they are not permanent, fertility returns when these are stopped.

You may regret it.
Men who have vasectomies when they are in their 20's, especially if they have had fewer than two children, are the ones most likely to seek vasectomy reversal at a later date (1 in 7 men).

You may change.
Many men who think they will never want children when they are in their early 20's are delighted with fatherhood when they are in their 30's. You may be totally convinced now that you will never want children, but people change and you may have a much different outlook 10 years from now.

Your partner may change.
Similarly, women who have no desire for children when they are in their early 20's may have a much stronger desire when they are in their 30's and when many of their friends are having children of their own.

Relationships end.
Since about 42% of UK marriages end in divorce (10% of civil partnerships 'divorcing'), you may not be with the same partner ten years from now and a new partner may have a much stronger desire for children than your present partner does.

Sperm storage.
In 2024 typical costs were £300 for the first semen sample, £150 for subsequent samples and then an annual £300 charge. If a future pregnancy was sought using stored sperm, there would also be the much higher cost of specialist fertility services (IVF etc).

Men experiencing any conflict, crisis or coercion.

If you are feeling more anxious than is usual for you, depressed, experiencing stressful life events or difficulties in your current relationship then this might not be the best time for you to make a decision about vasectomy as a permanent means of contraception.

You should not be feeling pressured in any way to have a vasectomy, if you are or you're not sure then please call us on 0333 010 0362 for a confidential discussion with our nursing and medical team.

Feedback or Complaints

At Independent Health Group, we strive to provide a service that meets the expectations of all our patients. We recognise that, on occasion, patients may wish to raise concerns about the care or service they have received.

If you would like to make a complaint or raise a concern in person, please speak to any member of staff.

If your concern cannot be resolved immediately, we will follow our formal complaints procedure and provide you with a written response.

Please make your complaint to:

Head of Quality and Governance
Independent Health Group
8 The Office Village
Bath Business Park
Peasedown St. John
BA2 8SG

Email: inhg.qandg@nhs.net
Tel: 03330 100 362

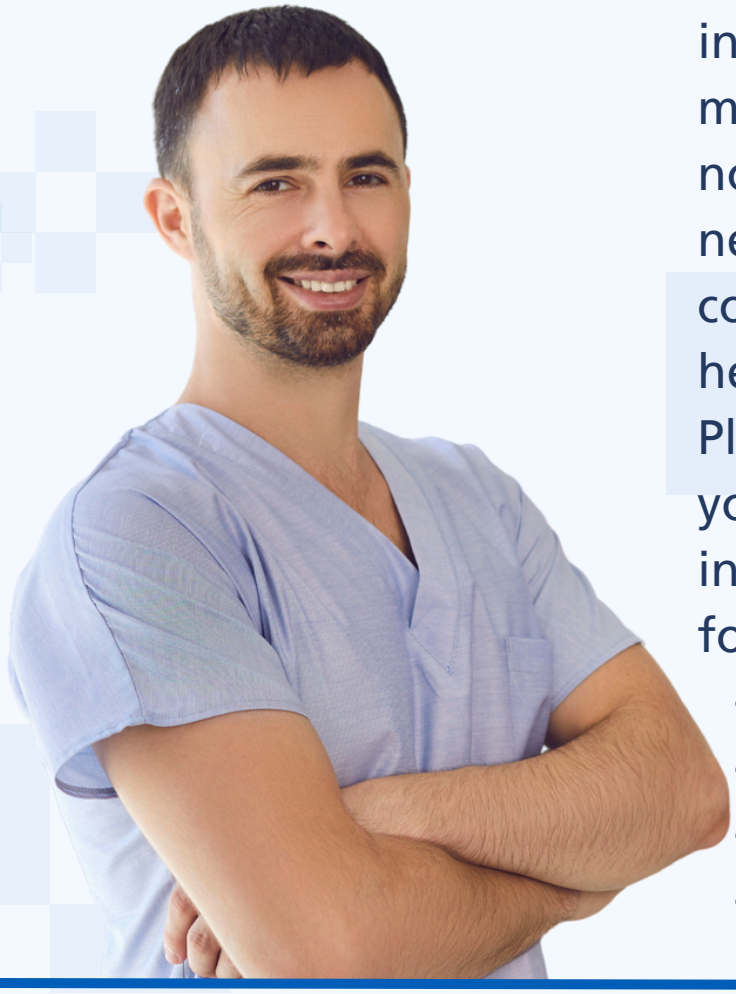
A full copy of the Independent Health Group Management of Complaints and Concerns Policy is available on request from the Head of Quality and Governance.

Contact Details

For general enquiries you can call us on 03330 100362
Monday to Friday, 8am–5pm.
Alternatively, you can complete our online enquiries form and a member of our team will be in touch.

Further Information

NHS Website
This website has lots of useful information about vasectomies.
Website



We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please contact us, we are happy to help.
Please also let us know if you would like this information in another format. Such as:

- Easy Read
- Large Print
- Audio
- Another Language