

## Fact Sheet - Chinese

## 輸精管結紮術

## Vasectomy

**什麼是輸精管結紮術？**

輸精管結紮術是男性可以做的一種手術，手術後他們就無法讓女人懷孕。這是一種永久性的避孕方式。

**輸精管結紮術如何起作用？**

輸精管結紮術可以防止精子從睪丸輸出並進入精液。如果精液中沒有精子，女人就無法懷孕了。它不會改變男人享受性愛或射精的能力。

**輸精管結紮術的效果如何呢？**

輸精管結紮術的效果非常好，它的有效率達到99%以上。

**輸精管結紮術是怎樣做的？**

輸精管結紮術是一種簡單的手術，大約需要20至40分鐘。它通常是在使用鎮靜劑或局部麻醉的情況下進行，但也可以在全身麻醉的情況下進行。醫生會在陰囊的前方開一個小口，並切斷和結紮輸精管的兩端。之後將陰囊的創口縫合起來，或將皮膚邊緣對齊按在一起。手術後，可能會要求做手術者在手術中心等待最多兩個小時。止痛藥和緊身支撐的內褲可以幫助緩解疼痛。

**輸精管結紮術之後**

做手術者應該休息幾天，並在一周時間內避免任何重體力活動。醫生會告訴他什麼時候可以淋浴或盆浴，什麼時候取下敷料，什麼時候可以再進行性交。

**輸精管結紮術什麼時候開始有效？**

做手術者在手術後一段時間仍然會有精子。這可能需要多達20次的射精才能清除。手術兩個月後他需要將精液樣本送到病理實驗室進行測試。他需要使用另一種形式的避孕方法，如避孕套，直到測試顯示他的精液中沒有精子。

**輸精管結紮術有任何副作用嗎？**

手術後可能有持續幾天的輕微疼痛、腫脹和青紫。嚴重的副作用很罕見。

**如果輸精管結紮術不起作用怎麼辦？**

每500至1000例輸精管結紮術中大約會有一例失敗，做手術者可能保持有生殖能力或重新獲得生殖能力。這種情況如果發生，通常會在手術三個月後的測試中發現，但它可以在任何時間發生。

**輸精管結紮術可以逆轉嗎？**

有時輸精管結紮術是可以逆轉的，但即使逆轉手術成功，也不能保證做手術者可以生育小孩。如果一個男人認為將來自己有想要生育小孩的任何可能，他就不應該做輸精管結紮。

**如何才能做輸精管結紮術？**

可以通過當地的醫生或家庭生育計劃診所安排輸精管結紮術的轉診。男人做輸精管結紮術並不需要得到伴侶的同意。

**欲了解更多的信息**

- 打電話1300 658 886聯繫新南威爾士州家庭生育計劃協會 (Family Planning NSW) Talkline 或訪問 [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- 全國轉接服務 (NRS, 為失聰人士提供) 133 677
- 或親臨您附近的家庭生育計劃診所

[www.fpnsw.org.au](http://www.fpnsw.org.au) | talkline 1300 658 886 | 書店

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新南威爾士州家庭生育計劃協會 (Family Planning NSW) 是由新南威爾士州衛生局資助的非營利機構

本資料中的信息只用於教育目的。FPNSW已盡力確保資料在出版之時，其中的信息是準確和最新的。對於有任何生殖或性健康方面的擔憂的人士，我們鼓勵他們向醫務人員尋求建議和幫助，或到家庭生育計劃診所就診。

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## Fact Sheet - English

# VASECTOMY



### What Is A Vasectomy?

A vasectomy is an operation that men can have so that they cannot make a woman pregnant. It is a permanent form of contraception.

### How Does A Vasectomy Work?

It prevents sperm from travelling out of the testes (balls) and into the semen. If there are no sperm in the semen, a woman cannot become pregnant. It does not change a man's ability to enjoy sex or to ejaculate.

### How Well Does It Work?

A vasectomy works very well. It is more than 99% effective.

### What Happens When You Have A Vasectomy?

A vasectomy is a simple operation that takes about 20-40 minutes. It is usually done under sedation or a local anaesthetic, but it can be done under a general anaesthetic. The doctor makes a small opening in the front of the man's scrotum, and cuts and seals the ends of the tubes that carry the sperm. The opening in the scrotum is closed with a stitch or by pressing the skin edges together.

After the operation, the man may be asked to wait at the centre for up to two hours. Pain-killing medication and tight-fitting supportive underpants can help relieve any soreness.

### After The Vasectomy

The man should rest for a few days and avoid any heavy physical exercise for one week. The doctor will tell him when he can shower or bathe, when to remove the dressing, and when he can have sexual intercourse again.

### When Will It Be Effective?

A man will still have sperm for some time after the operation. It may take as many as 20 ejaculations to clear. He has to take a sample of his semen to a pathology laboratory for testing two months after the operation. He will need to use another form of contraception, e.g. condoms, until tests show his semen has no sperm in it.

### Are There Any Side Effects?

There may be slight soreness, swelling and bruising that lasts for a few days after the operation. Serious side effects are rare.

### What If It Doesn't Work?

About one in every 500-1,000 Vasectomies fail and the man may stay fertile or become fertile again. Normally this is picked up in the tests three months after the operation, but it can happen at any time.

### Can A Vasectomy Be Reversed?

Sometimes a vasectomy can be reversed but even if the operation is successful, there is no guarantee that the man will then be able to father a child. If a man thinks there is any chance he may want to father children in the future he should not have a vasectomy.

### How Do You Get A Vasectomy?

A vasectomy referral can be arranged through a local doctor or Family Planning clinic. A man does not need permission from his partner to have a vasectomy.

### For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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