

INSTRUCTIONS FOR PATIENTS
SPERM ASPIRATION PROCEDURE
OR
TESTICULAR BIOPSY PROCEDURE

This is a written list of the instruction that Dr. Avila went over with you at your office appointment. If you have any questions, or do not understand these instructions please do not hesitate to call the office. (480-961-2323)

1. The evening before your procedure you will start taking your antibiotic. The antibiotic is Keflex 500mg (unless you have an allergy to this drug, then you will be given a different antibiotic.) You are to take the Keflex three times a day starting the evening before the procedure. You have a total of SEVEN pills, so you will take ONE the evening before the procedure, THREE on the day of the procedure and THREE TIMES on the day after the procedure. Please be sure to take all SEVEN tablets as instructed.
2. One hour before your procedure you will take your Valium. You must have a ride home from the procedure.
3. It is recommended that following your procedure, strenuous activity is limited for seven days to avoid bleeding or significant swelling, which can occur following surgery. An ice pack (frozen peas work well) should be applied to the scrotum for the first 24 hours after the procedure (on for ½ hour, off for ½ hour). This will decrease any swelling and pain. Please wear Jockey short type underwear (not boxer shorts) for the next few days to support the area. A jock strap may also be helpful.
4. The use of aspirin or any other over the counter pain reliever or anti-inflammatory medication should be avoided for ten days prior to the procedure and two days afterward. Tylenol is safe to use, but other drugs such as Advil, Aleve, etc. should be avoided since aspirin and these other medications can increase your risk of bleeding following the procedure.

**PATIENTS HAVING PROCEDURES DONE AT THE OFFICE OF YOUR
WIFE'S PHYSICIAN (SPERM ASPIRATION):**

**Please be aware there is paperwork and financial obligations that must be completed at the office where your procedure is taking place. (Ironwood Urology and Dr. Avila are not a part of the other office.) This must be done at least 1 week prior to the procedure,. If this is not taken care of, your procedure may be canceled.*