

PLAN *first*



**Permanent
Birth Control
for Men 21
and Older**

GOOD NEWS!

Plan First now covers vasectomies for men ages 21 or older. A vasectomy is an operation that permanently closes the tubes that carry sperm. After a vasectomy, a man cannot father children.

During a vasectomy, a tiny cut is made to reach the tubes that carry sperm out of a man's body. The tubes are then sealed shut. The operation does not touch any of the man's sex organs and a man can have sex as soon as he wants after having a vasectomy. It takes about three months before all the sperm is gone, so a good birth control method must be used until a test shows that there is no more sperm in the man's semen.

A vasectomy can be done in a doctor's office or at a hospital as an outpatient. There is no pain during the procedure although there may be some soreness or swelling right afterwards. Problems are very rare.

A vasectomy is over 99 percent effective and is a permanent birth control for men.

Most men can have a vasectomy safely. Talk with your health care provider about whether a vasectomy is a good choice for you.

If you want to know more, talk with your health care provider or call the Plan First Information Hotline toll-free at 1-888-737-2083 for more information, or visit www.adph.org/planfirst.



**Alabama Department of Public Health
and the Alabama Medicaid Agency**

FHS 738