

## The effect of vasectomy on the sexual life of couples.

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#### Abstract

**INTRODUCTION:** There are several contraceptive methods to prevent pregnancy, reversible as well as nonreversible ones. The sexual satisfaction of couples is affected by many types of contraceptives used.

**AIM:** The aim of this study was to evaluate prospectively the effect of vasectomy on the sexual life and satisfaction of couples.

**METHODS:** Seventy-six couples took part in this evaluation and filled out respective questionnaires before and after vasectomy. All the questionnaires were evaluated statistically for differences in the respective sexual domain scores.

**MAIN OUTCOME MEASURES:** Standardized questionnaires were used. The International Index of Erectile Function (IIEF) as well as postoperative pain score were completed by men. Female Sexual Function Index (FSFI) was completed by the female partner. For statistical analysis, the T-Square Test was used.

**RESULTS:** The average age of couples, who chose the vasectomy procedure, was 37 years for women and 39 years for men. The contraception method most frequently used prior to the vasectomy was the birth control pill. For the male partner, the IIEF showed no significant change in the respective domains. Out of the 76 couples, 93% of the males and 96% of their female partners would recommend and do vasectomy again. The postoperative pain score was 3.5 on 0-10 scale, and there were no postoperative complications reported. The best improvement of the sexual function was noticed for the female partners. The FSFI showed a significant improvement in the domains desire ( $P < 0.05$ ), arousal ( $P < 0.05$ ), orgasm ( $P < 0.05$ ), lubrication ( $P < 0.05$ ), and satisfaction ( $P < 0.05$ ).

**CONCLUSION:** This is the first report to our very best knowledge that showed the positive impact of vasectomy on sexual satisfaction of couples. Vasectomy is a safe operation with minimal complication rates.