

**NEW YORK-PRESBYTERIAN HOSPITAL**  
New York Weill Cornell Medical Center



49174

**Discharge Instructions**  
**Ambulatory Surgery Center**

IF NO PLATE, PRINT NAME, SEX AND MEDICAL RECORD NO.

FINAL DIAGNOSES: \_\_\_\_\_

REASON FOR VISIT: Surgery

PROCEDURES PERFORMED: Microsurgical Fine Needle Aspiration of Epididymal Fluid

CONDITION ON DISCHARGE: \_\_\_\_\_

DISPOSITION: Home

**FOLLOW-UP CARE**

ACTIVITY  Do **NOT** drive or operate hazardous machinery for 24 hours.  
 Limit your activities for 24 hours. Do **NOT** engage in sports, heavy work, or heavy lifting until your physician gives you permission.  
 When taking pain medication, be careful as you walk or climb stairs. Dizziness is not unusual.  
 May resume normal activities.

DIET Begin with liquids and light food (Jello, soups, etc.). Progress to your normal diet if you are not nauseated.  
**NO ALCOHOLIC BEVERAGES FOR 24 HOURS.**

HYGIENE  Tub Baths  Shower  Sponge Baths

WOUND CARE A small amount of bright red blood is to be expected. Do **NOT** be alarmed, if you feel that the amount is excessive, call your doctor  
YOUR WOUND SHOULD BE CARED FOR IN THE FOLLOWING MANNER:  
 Change dressings as necessary.  
 Do **NOT** change your dressings until you are seen by your doctor.  
 Keep dressing dry.  
 Do not make any business/legal/personal decisions for 48 hours.

MEDICATION  PRESCRIPTION SENT HOME WITH PATIENT. USE AS DIRECTED.  
 NO PRESCRIPTION GIVEN

Celebrex 200mg; 1 tab every 12 hours

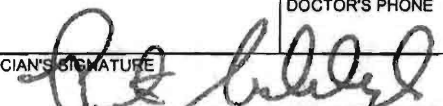
Vicodin 5mg; 1 tab every 4-6 hours as needed for pain

SPECIAL INSTRUCTIONS:

Ice pack to area for 48 hours; Athletic supporter for 3 weeks; No sexual intercourse for 4 weeks.  
Avoid sports and heavy lifting for 3 weeks; Do not drive for 1 week.

NOTIFY YOUR PHYSICIAN FOR:

Excessive bleeding; Temp higher than 101 degrees.

If you have any questions, Please call DR. \_\_\_\_\_ DOCTOR'S PHONE \_\_\_\_\_  
If he/she is not available, you may call our Adult Emergency Service at (212) 746-5050 or Pediatric Emergency Service at (212) 746-3300  
PHYSICIAN'S SIGNATURE  \_\_\_\_\_, M.D.  
THESE DISCHARGE INSTRUCTIONS HAVE BEEN EXPLAINED AND A COPY HAS BEEN GIVEN TO THE PATIENT/SIGNIFICANT OTHER.  
NURSE'S SIGNATURE - DATE AND TIME \_\_\_\_\_ PATIENT/SIGNIFICANT OTHER'S SIGNATURE - DATE AND TIME \_\_\_\_\_  
\_\_\_\_\_, R.N.

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NURSE'S SIGNATURE - DATE AND TIME \_\_\_\_\_, R.N. PATIENT/SIGNIFICANT OTHER'S SIGNATURE - DATE AND TIME \_\_\_\_\_

**PETER N. SCHLEGEL, M.D., F.A.C.S.**  
*Chairman, Department of Urology*  
*Urologist-in-Chief*

Department of Urology  
Brady Urologic Health Center  
525 East 68<sup>th</sup> Street  
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Tel: 212-746-5491  
Fax: 212-746-8425  
pnschleg@med.cornell.edu

## Microsurgical Aspiration of Epididymal Sperm

Sperm retrieval done this way is a surgical procedure requiring anesthesia. It is done on an outpatient basis, going home the same day. Surgery is performed through an incision in the scrotum to allow access to the epididymis. Both epididymides may be retrieved to acquire an adequate sperm quality. Surgery will be scheduled when your partner is ready for egg retrieval, therefore it is not possible to predict an exact date of retrieval.

### **Pre-operative Preparation:**

- You should be in the best of health.
- Avoid aspirin and aspirin like derivatives for 1 week prior to surgery.
- A pre-operative evaluation must be scheduled with our office. This visit should be within 1 month of surgery.

### **Hospitalization:**

- The epididymal aspiration will take 2-4 hours.
- You will be discharged from the hospital the same day. An adult must accompany you home.
- You may travel by train, automobile, or plane.
- Wear loose, comfortable clothing.

### **Post-operative Instructions:**

- A small amount of blood and/or drainage is expected. If you feel it is excessive, please call our office.
- An ice pack will be applied to the scrotum for 48 hours following surgery. This will minimize swelling. Bruising may also appear.
- You may remove the gauze and scrotal support after the initial 48 hours. Please leave the steri-strips in place. You may shower at this time. Reapply the scrotal support.
- Steri-strips may be removed in 2 weeks if they have not fallen off.
- You should not drive or work for 1 week following surgery. If your job involves light desk work, you may return in 3-4 days.
- It is common to experience some discomfort 2-3 weeks following surgery. You may resume normal activities as tolerated; however no sexual activity for 4 weeks and avoid sports and heavy lifting for 3 weeks.
- The athletic supporter should be worn, at all times, for 3 weeks following surgery. After 3 weeks, you may wear snug jockey shorts when participating in any sports or strenuous activity.
- You should not drive for 1 week, however you may be driven.

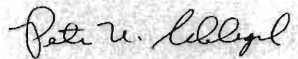
-A low grade fever, up to 101 degrees, is not uncommon for the first 2-3 days following surgery.  
Please remember to cough, deep breathe, and walk.

**Follow-up**

-Please phone office and schedule your 1 month follow-up appointment.

Please feel free to contact our office with any questions and/or concerns.

Sincerely,



Peter N. Schlegel, M.D.  
Professor & Chairman,  
Department of Urology

## MEDICATIONS TO AVOID BEFORE SURGERY

The following drugs contain aspirin or other products, which can cause increased bleeding during surgery and should not be taken for 10 days prior to surgery. If you should need to take something for relief of minor pain, you may take Tylenol.

Advil	Doan's Regular and	Naprelan
Aleve	Extra Strength	Naprosyn
Alka Seltzer	Dolobid	Naprosyn Pepto Bismal
Alcohol	Dristan	Tablets and Liquid
Anacin	Duradyne Tablets	Naproxen
Anaprox	Easprin	Norgesic forte
Ansaid	Ecotrin	Orudis
Arthrotec	Empirin	Oruvail
Aspirin	Enbrel	Oxaprozin
APC	Equagesic Tablets	Percodan
BC Tablets or Powder	Etodolac	Persantine
BC Cold Powder	Excedrin	Piroxicam
Brufen	Feldene	Plavix (Warfarin)
Bufferin	Fiorinal	Quagesic
Cama Arthritis Pain	Flurbiprofen Sodium	Relafen
Reliever	4 Way Cold Tablets	Robaxisal
Cataflam	Goody's Headache	Rufen
Celebrex	Powder or Tablets	Sine Ald
Cephalgesics	Ibuprofen	Soma Compound
Clinoril	Indomethacin	Sullindac
Cogesprin	Indocin	Trandate
Coricidin	Ketoprofen	Trental
Coumadin	Lodine	Trillsate
Darvon	Meclomen	Vanquish
Darvon with Aspirin	Medipren	Vitamin E
Daypro	Meloxicam	Voltaren
Diclofenac	Midol 200	Wesprin
Diflunisal	Midol PMS caplets	Zavtrin
Disalcid Tablets or	Mobic	Zoprin
Capsules	Motrin	Herbal Supplements
	Nabumeton	

Before stopping any of these medications, be sure to consult the physician who ordered them. Some, such as Coumadin (Warfarin) and Plavix, are ordered to prevent or treat serious conditions such as "deep venous thrombosis", "pulmonary embolisms", and other heart problems. This is not an all inclusive list. If you are unsure if you are taking an aspirin product or an anti-inflammatory, please ask your doctor, nurse or pharmacist.

Joan and Sanford I. Weill Medical College

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*Chairman, Department of Urology*  
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**TESA/MESA Instructions:**

Evening before surgery:

- Take 2 Celebrex tabs following dinner.
- Nothing to eat/drink after midnight.

Morning of surgery:

- Wear loose, comfortable clothing.
- You will produce a semen sample at home.
- Arrive to hospital at 6:30am.
- Register at admitting office, please provide a photo id.
- Proceed to M804 with the sample.

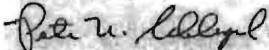
Hospital discharge:

- An adult must accompany you home.

Evening of surgery:

- Continue applying ice pack for 48 hours.
- Celebrex 200mg every 12 hours.
- Pain medication as needed.

Sincerely,



Peter N. Schlegel, M.D.  
Professor & Chairman,  
Department of Urology