

World Vasectomy Day (7th November)

Information for General Public: NSV Services

The No-scalpel vasectomy (NSV) is a simple, stitch less, short & safe procedure for permanent contraception.

An innovative approach, which, as compared to Conventional technique does not require an incision (cut) and has the advantage of relatively less bleeding, hematoma, infection, pain as well as a shorter procedural time followed by a comfortable recovery period.

Eligibility for Male Sterilization (NSV)

- Age of the gentlemen (client) must not be less than 22 years and not more than **60 years**.
- Gentlemen (client) should be ever-married.
- Couple should have at least one child, whose age is above one year (unless the sterilization is medically indicated).
- Gentlemen (clients) or their spouses must not have undergone sterilization in the past (except in case of failure of previous sterilization).
- Gentlemen (client) must be in sound state of mind (so as to understand the full implication of sterilization).

The procedure **offers following advantages over female sterilization:**

- Lower expense
- Lower level of invasiveness (no requirement of incision (cut), General anaesthesia or hospitalization) and hence very safe.
- Very short and simple procedure (stitch less unlike Female sterilization) &
- Quicker recovery time.

Mechanism of Action: (How No Scalpel Vasectomy achieves Family Planning):

The NSV procedure acts by creating discontinuity in the vas (tubes carrying sperms from testis to penis). This will prevent pregnancy as semen will not contain sperms after 3 months of procedure.

Gentlemen who believe in responsible parenthood and care for their partners will opt. for this easy method of Family Planning.

Surgical complications, failure rate and post-operative effects, though very rare, should be discussed by the Doctor with gentlemen opting for NSV & their spouses and they must understand that NSV is a permanent sterilization procedure.

How you (gentlemen seeking vasectomy) need to come prepared:

No medicine or any prior preparation is required and one can just walk in for the service.

Schemes related to procedure:

- An incentive of Rs.1100/- is made available to clients/acceptors after the procedure.
- 5-day leave for those employed in Govt. Sector.
- In the rare case of failure, the government gives an amount of Rs.30000/- to the client as compensation. (If the client has undergone procedure at accredited facility by an empanelled doctor and if he files claim).

Can this surgery be reversed later if needed?

The procedure is a permanent method of contraception. If at any time due to arising circumstances it is desired by the client to reverse/undo the procedure, it is a relatively lengthier procedure wherein success rate is not 100%.

While opting for sterilization, alternate methods of birth control should be known and NSV consciously opted for, after knowing all facts.

Important Advice to remember:

Since the earlier released sperms in the person undergoing NSV procedure remain in his system for 3-4 months after procedure (NSV), it is advisable that during this period the couple uses any other modern method of contraception like condoms until he has a semen testing done that shows zero sperm count (azoospermia). The condoms are provided free of cost in all Govt. Health facilities.

Certificate of sterilization is issued only after such confirmation after three months.

Compliance with post-operative follow up advice & semen testing after three months is of utmost importance & must be adhered to for preventing any complication and unwanted pregnancy.

All those interested in availing NSV services (those already fathered desired number of children and believes in responsible parenthood) may get it done in accredited public & private hospitals (to view the list click the link [list public/private accredited facilities in Delhi](#)). [Click the link empanelled NSV surgeons for list of empanelled NSV surgeons.](#)

Services available round the year would be intensified during **NSV Week starting from 7th November to 27th November** across the state & during annual **NSV Mega Camp** to be organized during **Indian International Trade Fair (IITF) from 14th November to 27th November, 2014** at Health & Family Welfare, Gol stall at Pragati Maidan.

For assistance: Contact RCH Nodal Officers

Sl.No.	Name of District	Name of RCH Nodal Officer	Contact No.
1	South	Dr. Parveen	011-26561371-72
2	West	Dr. Neeti Bhatia	011-25551344, 25552344
3	North	Dr. Meenakshi	011-23642497, 23642493
4	East	Dr. Nagmani	011-22374791
5	South-West	Dr. Neeti Bhatia	01125082939, 25089074
6	North-East	Dr. Nagmani	011-22593424
7	North-West	Dr. Meenakshi	011-27861464
8	Central	Dr. Puneet Jaitley	011-23511956
9	New Delhi	Dr. Parveen	011-25082969
10	South-East	Dr. Parveen	011-26692389
11	Shahdara	Dr. Nagmani	011-22593424

For further queries please contact: Dr. Jyoti Sachdeva, State Program Officer (Family Planning), Dte. Of Family Welfare at 011-23813212 & 23813217

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NSV Week 07th to 13th November

IITF 2016 14th to 27th November

An appeal to Doctors (NSV Surgeons)

In India, the NSV technique was brought first time in 1991 by two surgeons, Dr. R.C.M. Kaza and Dr. Alok Banerjee **being the pioneers**. In March 1992, NSV was officially included into National Family Planning Programme of India, as an important tool for male participation in population stabilization.

Despite the advantage of being a short procedure with a relatively, lower level of invasiveness (no requirement of General Anaesthesia or hospitalization) & a quick recovery time, NSV is sometimes not getting the attention & popularity it deserves among eligible couples.

As a service provider, we must promote NSV as being an excellent method & (not by coercions but by good counselling).

Counseling in Family Planning is the process of facilitating & enabling clients to make well informed, well considered & voluntary decision about their fertility to choose a contraceptive method. It also enables the service provider to understand client's perceptions, attitudes, beliefs, Family Planning needs & preferences & client must be guided accordingly towards decision making. Thus counselling for Family Planning is responsibility of all irrespective of field of speciality.

On this World Vasectomy Day (7th November 2016), let us all strive to revitalize this procedure by adopting following strategies:

- **Generating greater demand among potential & eligible clients so that more & more men adopt this very effective method of Family Planning.**
- Requesting all empanelled NSV surgeons to intensively **provide "on demand service"** to seekers of NSV throughout the Week.
- **Dispelling myths and misconceptions about the procedure** 'Men' are often not adequately counselled and provided detailed information about vasectomy/NSV and its advantages. This is further compounded by the misconceptions & concerns which are not true. Thus dispelling their myths can go long way in enhancing acceptability and adoption of this method.

However, the remote possibilities of side effects, surgical complications, failure rate should be discussed with the client.

- **Providing good quality services:** Surgeons must follow the Standards laid down in "Reference Manual for Male Sterilization October 2013" (Available on website www.mohfw.nic.in)

- **Compliance with** post-operative follow up & post-operative semen testing which is of utmost importance must also be encouraged to each client so that they come back as advised for testing and certification.

An informed written consent on prescribed format must be taken. Men (acceptors) must be made to understand that NSV is a permanent sterilization procedure.

On the occasion of World NSV Day on 7th November & during the subsequent NSV Week, (7th to 13th November) all are requested to intensify these services & contribute to this call for the purpose of achieving enhanced contraceptive coverage, reduction in unmet need for Family Planning, thus contributing to good family & societal health.

SPECIAL APPEAL

NSV surgeons of Delhi,

Arise. World Vasectomy Day is on 7th November. You must have already heard of it. What have you decided to do? Do look at the latest statistics. NSV has hit rock bottom. National figures indicate that less than 2% of all sterilization are vasectomies. This is 22 years after we started NSV and this is where we were in 1991. Surely this was not anybody's dream. It is easy to blame men, but should we?

As a surgical procedure what is it that NSV does not have. It is **minimally invasive, elegant, challenging**, and yet **utterly simple when done well**. You can earn as much fees as any other procedure of its class in 10 minutes **without any complications, hardly any follow up** and even insured by the government, if you are accredited. Look at it which way as a service provider, or as practitioner it's a win win situation.

From point of view of programme manager it has very simple logistics. Two instruments, glutaraldehyde for a sterilisation, clean theatre, Local Anaesthesia and the surgeon is ready for NSV. What else can one ask for? Then why do not men come. Probably men are not really approached. In an era when we do not even buy a soap without hearing, knowing, or asking about it, we are asking men to come forward for a procedure which alters their life without spending time on them. This Vasectomy Fortnight Government has made strong efforts at IEC and we must rise to provide services instead of quietly accepting low service figures. Arise and strengthen the hands of government and feel a sense of pride in offering this unique and elegant surgical procedure. Friends, East or west NSV is the best!

Dr. R.C.M. Kaza
National NSV Trainer