

**Mayo Clinic Minute: Why a vasectomy is a great option for birth control**

VIDEO	AUDIO
Dr. Kohler SULL0001 00:41	“It’s the most reliable form of birth control, other than abstinence, that we have.”
<b>Continue shot of doctor through his name then b-roll of men, either shutterstock of a couple or crowd shot of men?</b>  <b>GRAPHIC: 15–20%</b>	TAKE 1 Mayo Clinic urologist Dr. Tobias Kohler says roughly 15 to 20 percent of American men have vasectomies.
<b>Cover this with animation/illustration</b>  SULL0001 <b>00:22</b>	“Vasectomy is a procedure we do in the clinic where we take the vas deferens, which is the tube that connects the testicle to plumbing downstream, and we cut it in the clinic so that sperm can’t travel downstream and cause a pregnancy.”
<b>Continue animation/illustration</b>	TAKE 1 The procedure takes about 10 minutes, and the recovery time is quick.
Tobias Kohler, M.D. Urology Mayo Clinic SULL0001 <b>02:00</b>	“If you have the procedure done on a Friday, you’d be back to work Monday for certain.”
<b>b-roll of man watching TV with remote</b>	TAKE 2 You might also have some slight swelling or pain initially, so Dr. Kohler advises take it easy.
<b>Continue TV watching b-roll</b> <b>02:15</b>	“Use ice to the area. Avoid any kind of rigorous activity. And watch some TV.”
<b>b-roll of loving couple</b>	TAKE 1 And what about the fears that vasectomies might cause problems with a man’s sexual performance or testosterone levels?
<b>Dr. Kohler</b> <b>03:00</b>	“They do not.”
<b>b-roll of loving couple</b>	TAKE 1

<b>GRAPHIC: 6% vasectomy reversed</b>	Even though 6 percent of men will eventually have their vasectomy reversed, the procedure should be considered permanent.
<b>Dr. Kohler</b> SULL0001 <b>05:35</b>	“This is not one of those things where you want to do spur of the moment. You want to make sure that this is absolutely what you want to do.”
<b>Jason</b>	TAKE 1 For the Mayo Clinic News Network, I’m Jason Howland.