

## **Patient Instructions for Intrauterine Insemination (IUI)**

In order to ensure your proper treatment plan and prepare for your insemination, you **MUST** call our office and notify our nursing team of your menstrual cycle start date (day 1 of your period) for EACH cycle.

An intrauterine insemination or IUI itself is a relatively simple procedure usually performed by our nursing staff. It is done with the insertion of a speculum much like a Pap smear and takes only a few minutes to perform. A very small insemination catheter is passed through the cervical opening into the uterus. The sperm sample is then delivered in a small volume directly into the uterine cavity. Risks of the procedure include mild cramping and rare potential for infection. After the insemination you may resume normal activity.

### **Timing Inseminations**

Inseminations are timed by urine LH testing (or by ultrasounds, if ordered by your provider). You should perform your urine LH test daily between 12:00 pm and 3:00 pm (unless instructed otherwise) starting a few days before your expected day of ovulation. You will schedule your IUI the day after your LH surge is detected (or hCG given).

\*\*\*\*Remember, you are having an LH surge when the color of your ovulation predictor test equals or exceeds the reference line. If this never happens, contact an SRM nurse for further instructions.

By LH Kit \_\_\_\_\_ Begin Testing on day \_\_\_\_\_  
By Ultrasound \_\_\_\_\_ Start Ultrasound on day \_\_\_\_\_

### **Scheduling an Appointment**

When scheduling an IUI, you will be given two appointment times; an appointment for the husband/male partner to collect the semen specimen, and an appointment for the wife/female partner's insemination. At least 90 minutes will be required between appointments to prepare the sample.

If you need a weekday insemination, call (206) 301-5000, as soon as you note an LH surge, between 8:00 a.m. and 4:00 p.m. Monday through Friday. If you are calling outside these hours, you may leave a message with the answering service and your call will be returned during regular office hours.

To schedule a weekend or holiday insemination (with the exception of Christmas Day), call (206) 301-5000 the day prior or before 7:00 a.m. on the day you need the insemination. Leave a message with the answering service and a scheduler will return

your call by approximately 9 a.m. to give you an insemination appointment. You should be ready to leave for the clinic when the nurse calls you, as it may be necessary to give you an early appointment time. If you live 2 or more hours away from SRM and you anticipate a weekend/holiday insemination, call (206) 301-5000 on Friday afternoon (or the day before a holiday) to reserve an appointment time. If your urine LH test kit indicates, later that afternoon, that you are not ready for an insemination, please call (206) 301-5000 before 6:30a.m. the following morning to cancel your appointment.

### **Important Notice and Follow-Up**

- Remember to call our office to notify our nursing team of your menstrual cycle start date (day 1 of your period)
- If your period is delayed after an insemination cycle, you may perform a home pregnancy test. If it is positive, please call SRM to talk to one of our nurses and schedule a blood pregnancy test. We usually repeat the blood level in 2-3 days to see if it is rising normally. If so, we will recommend scheduling an obstetrical ultrasound to confirm a fetal heartbeat when you are about 7 weeks pregnant. Once everything looks positive, we will send you back to your obstetrician or give you a referral.
- You should schedule a follow-up appointment with your provider after no more than three months of unsuccessful inseminations to review your cycles and discuss any needed changes.
- Please notify us if pregnancy occurs or if you decide to discontinue treatment. It is important that we learn the outcome of your insemination(s) so that we may assess the effectiveness of the IUI treatment program. More importantly, we greatly appreciate knowing that IUI worked for you, or being able to support you if you do not become pregnant.

We wish you well in your endeavor to conceive by IUI. If we can be of assistance during your time in the program, please let us know.

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