



INTRAUTERINE INSEMINATION - IUI

Intra-uterine insemination (IUI) is a procedure in which the male partner's sperm is placed directly into the female partner's uterus at the time of ovulation. IUI improves pregnancy rates for many infertility diagnoses by depositing greater numbers of moving sperm into the uterus than could be achieved by sexual intercourse. IUI may be used with or without the addition of fertility medications taken by the female partner.

BEFORE STARTING IUI

- Paperwork has been filled out and submitted to your insurance company to verify coverage of this procedure.
- Check with your managed care coordinator to make sure you are approved by insurance to have IUI.
- Make sure the male partner has a blue hospital registration card.

THE PROCEDURE

- IUI is a brief office procedure.
- Washed sperm from your partner/donor is placed directly into the uterus with a sterile tube (catheter).
- This is done in the Center for Infertility and Reproductive Surgery (CIRS)
- The washing of the sperm is done at the Reproductive Endocrinology Laboratory.



OVULATION

- Before ovulation (the release of an egg), the female body makes a large amount of luteinizing hormone (LH).
- The LH rise (surge) can be detected in urine or blood.
- It is the sudden surge of LH that causes ovulation. Ovulation usually happens within 36 hours after the surge.
- The ovulated egg travels into the fallopian tube where it can be fertilized by a sperm.

HOW TO MONITOR FOR LH SURGE

- Urine LH kit - Read the instructions that come with the kit to see when and how to test.
- Blood LH test – Have blood drawn between 7a-9a.
- IUI will happen the day after the LH surge.



WHEN TO START MONITORING FOR THE LH SURGE

- Regular cycles: begin testing two days before the usual day of ovulation.
- Irregular cycles: begin testing two days before the earliest possible time of ovulation, and continue until the latest possible day of ovulation.

NOTE: For women who will be using Clomid pills days 5-9: start the LH testing day 12.

DAY OF THE IUI

(IUI is not done on Thanksgiving, Christmas, and New Year's Day)

- MALE/FEMALE – Instructions for semen production and specimen pick up see *SPERM WASHING - REPRODUCTIVE ENDOCRINOLOGY LAB* next page.
- The IUI takes approximately 10 minutes and is relatively painless.
- After the IUI you will remain lying down for about 10 minutes.
- After the 10 minutes you can go about your normal routine.



AFTER THE IUI

- A small amount of spotting or cramping is not unusual.
- Although unlikely, if you experience pain, fever, or any other symptoms that concern you, call your nurse so that we can determine if you need to be seen.
- If you have a full normal period, you may proceed to your next cycle.
- If no period 14 days after your IUI, you can either do a home pregnancy test, or call us to set up a blood pregnancy test.
- If you have done two IUI cycles and are still not pregnant you should proceed on to a third cycle, but please make an appointment to follow up with your physician to discuss further treatment options.

SPERM WASHING - REPRODUCTIVE ENDOCRINOLOGY LAB

Located 75 Francis Street, 3rd floor Amory building

Male partner preparation:

Only the male partner may drop off a specimen produced away from the lab.

Bring hospital blue card and a government issued picture identification (license, passport)

He needs to know:

Female partner's blue card number

Why he is at the lab. "IUI"

There should be 2-3 days of abstinence before the IUI day

If the specimen is going to be produced in the lab

There are 2 collection rooms in the lab

Arrive at the lab between 8-9am

If he brings the specimen in from home:

Use a container from the lab

Collect directly into the container without contamination

Keep it close to the body to keep it warm

Production should be within 45 minutes of arrival at the lab

Arrive between 9-9:30am

Female partner will pick up the specimen in the lab

Pickup 11:30a weekdays; 11a weekends/holidays

Sign in in the lab

WASHING

The semen sample consists of motile sperm, other cells, and seminal fluid. Some substances in seminal fluid may interfere with fertilization; so it is necessary to treat the specimen before the IUI. This is called "sperm washing." This procedure washes away the seminal fluid and any harmful substances, leaving just sperm.

The semen sample is transferred to a test tube containing pre-warmed gradient media. The tube is placed in a centrifuge (laboratory instrument which spins tubes). This process will separate seminal fluid from sperm. Most of the sperm will go to the bottom of the tube.



The seminal fluid and gradient media is then removed, leaving the sperm. The sperm are then mixed with pre-warmed nutrient media and spun again. The nutrient media is a synthetic solution which contains proteins and sugars and mimics the composition of healthy cervical mucus. The sperm left at the bottom of the tube after removing the media are then placed in 0.3 ml of the media. This is then ready for IUI.

Usually the number of moving (motile) sperm will be the same or increased after the wash. The final sperm numbers may decrease but they will be the most motile sperm.

SPERM BANKING

Sperm banking is available. Please talk to your nurse for more details. Call the Reproductive Endocrinology lab for an appointment 617-732-7505.

IUI Frequently Asked Questions

○ **When do I do IUI?**

(IUIs are not done Thanksgiving Day, Christmas Day, and New Year's day)

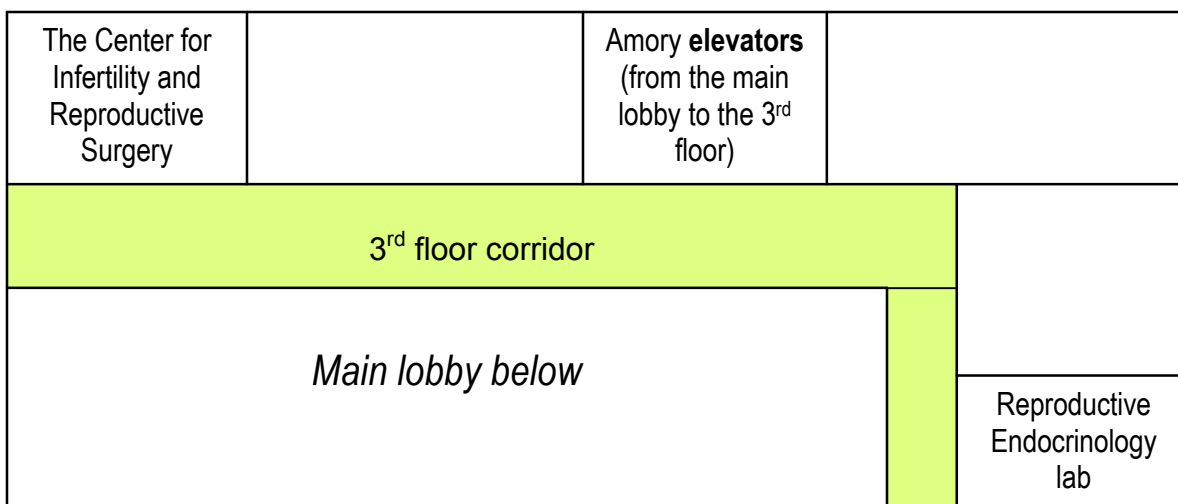
- The day after your *urine* LH surge *or blood* LH surge
- OI patients come in 36 hours after the HCG injection

○ **When do we come in on the IUI day?**

- Male partner (needs BWH registration card and picture ID) – 8a-9a*
- Female partner – Sign-in at the lab:
 - 11:30a weekdays
 - 11a weekends

○ **Where do we go** (see map)?

- Both: The Reproductive Endocrinology lab 3rd floor Amory building
- Female partner: After picking up the specimen at the lab (keep it warm), go to The Center for Infertility and Reproductive Surgery for IUI



○ **What if we have questions?**

- The staff in the Reproductive Endocrinology lab are very helpful. However, if you have questions about:
 - Your treatment plan
 - Sperm numbers
 - Timing issues

Please call your nurse

*If the male partner is producing a specimen at home **he must bring it to the lab**

- It must have been produced within 45 minutes of dropping it off
- It must be delivered in a sterile hospital specimen container
- Keep it next to the body during transport
- It can be brought to the lab 9a-9:30a