

INTRAUTERINE INSEMINATION (IUI)

Intrauterine insemination, using husband's sperm or donor sperm, when timed properly with ovulation, will significantly increase the chance of pregnancy. With IUI, we bypass the barrier of the cervix. Using a very small, thin catheter, which is threaded through the endocervical canal, a high concentration of motile, capacitated sperm, is deposited directly into the uterus. The sperm then travels to the fallopian tubes where fertilization normally occurs.

The semen specimen for IUI must undergo a "washing" procedure to remove bacteria, white blood cells and immature sperm, while concentrating the highly motile sperm into a low volume of media for insemination. The washing procedure is performed in our laboratory. Remember to keep the specimen at body temperature during transport. We will provide a sterile specimen cup for collection or you can get one from your family doctor's office or a pharmacy. We suggest you keep an extra container at home. The specimen can be collected by masturbation at home if you live within 60 minutes of the office. If you must travel more than 60 minutes, we provide a private collection room in the office.

The washing procedure takes approximately ½ hour. A pre and post wash assessment of the specimen will be done. We like to see a minimum of three million motile sperm after the wash to proceed with the insemination. When the specimen is ready, you will be brought to an exam room where the doctor or nurse practitioner will perform the insemination.

We recommend the OvuQuick One-Step to detect when ovulation will occur. We have found that it works best for most patients. When your predictor kit turns positive, we ask that you come to the office for blood work to confirm the kit is working for you, indicating you are close to ovulation. The blood work will also indicate if you are having a "good" cycle, meaning your results are in the range where we see an acceptable pregnancy rate.

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