

IUI/TDI INSTRUCTIONS

(Intrauterine Insemination/Therapeutic Donor Inseminations)

**** Please contact your insurance company to see if prior-authorization is needed for medication, ultrasound, or the specific infertility procedure that is being done. Please do this prior to your appointment. If prior approval is needed, please let the nurses know.**

Intrauterine insemination is done to place the washed sperm into the uterine cavity through a small catheter around the time of ovulation. Sperm must be washed to be used with insemination because it contains chemicals called prostaglandins. Prostaglandins cause muscular contractions and are responsible for cramps during menstruation and pregnancy. If raw sperm is inserted directly into your uterus, it could cause severe pain and cramping. Sperm wash can remove dead sperm and those sperm with poor motility. This leaves behind sperm that can swim faster and those that are more likely to fertilize the egg. Sperm washing can also get rid of the white cells, mucous and seminal fluid surrounding the sperm, which can also interfere with fertility. The success rates are reported to be just under 6% with one follicle and as high as 26% with multiple follicles per cycle.

Couples who can benefit from artificial inseminations are: unexplained infertility; male-factor infertility; women with endometriosis; men with anti-sperm antibodies, such as after vasectomy reversal. Most women consider IUI to be fairly painless, similar to having a pap smear. There can be some cramping after the procedure, but often what is felt is due to ovulation and not the IUI.

Inseminations are done in our office by Dr. Zhang's nurses Monday through Friday 9-5 or Saturday or Sunday by appointment only. The cost of this procedure is approximately \$500.00.

Call the office at 368-5504 when you start your period.

Take your prescribed medication from Day 3 of your cycle through Day 7 unless you are otherwise directed.

Start your ovulation kit on day 12 of your cycle until you surge, unless otherwise directed. Call our office (368-5504) between 9 am – 5 pm when you have a positive surge on weekdays. **Do Not call the on-call physician.** Your IUI will be done that day or the following day after the LH surge.

If you anticipate needing an insemination over the weekend, you need to call our office at 368-5504 on Friday and talk with one of Dr. Zhang's nurses. At that time we will give you a tentative appointment time for the weekend. On Saturday and/or Sunday, use your ovulation predictor kit early in the morning. We will expect you to call (368-5504) and leave a message that you will or will not be in by a specified time, which will vary week by week. By doing this,

we hope to avoid any miscommunication. Please be on time during weekend hours; as we are coming in just for your appointment.

5. The only weekends that procedures **will not** be done are those near and/or including Easter, Memorial Day, July 4, Labor Day, Thanksgiving, Christmas Day and New Years Day. Any weekends around the holidays will be posted in our exam rooms.

6. **Collecting of Specimens for IUI's**. We use the density gradient method to do the sperm wash which takes about 45 minutes to 1 hour. It is for this reason that we need the specimen prior to the actual insemination time. Specimens should be collected in a sterile container (which we will give you) either at home (if you live within 30 minutes of our office) or in our office if you live further away. There are private rooms with locks for your privacy if the specimen is collected at the office. If the specimen is collected at home, it must be kept warm (body temperature) and brought to the office within 20-30 minutes of collection. Specimens should be brought to the office between 8:30 and 11:00 am or 1:00 and 3:00 p.m. Be sure you have marked the specimen with your last name on the specimen cup, as unmarked specimens will be discarded.