

## INSTRUCTIONS FOR YOUR IUI APPOINTMENT

An intrauterine insemination (IUI) allows placement of sperm directly into the uterine cavity. After making your appointment for your IUI, please follow these instructions. If you have any questions please call your nurse.

### **Weekday appointments**

1. Collect an entire ejaculate in a sterile glass container (provided by your doctor) and bring it to our lab within one hour of collection. Most of the sperm are in the first few drops of ejaculate. The later secretions are mostly from the prostate gland and are of less value. Please make sure the patient's name is on the container.

2. Keep specimen at body temperature until it is brought into our office. This is best done by keeping the specimen inside your shirt, pocket, or waistband. (Sperm will die if they get too hot or too cold.)

3. Remember to have the specimen here 1 ½ hours before your appointment. Most specimens are delivered between 7:30 and 8:00 am.

4. When you arrive at the office, please check in at the front desk, and let them know you are dropping off an IUI specimen. They will give you a slip and direct you to the lab to deliver your specimen.

5. After drop-off, you may either leave the office or wait in the office lobby until the IUI appointment.

### **Weekend appointments**

1. Please follow the above steps 1 & 2. You will then need to meet our lab technician at 8:00 am with your sample. Please be on time and allow 10 minutes before calling the medical exchange\*. You will come in through the entrance to the Women's Center and go up one flight of stairs to the 1<sup>st</sup> floor waiting area just outside our office's main doors.

2. After dropping off your specimen, you may either leave the office or wait in the 1<sup>st</sup> floor waiting area for your 9:30 IUI appointment. A nurse will come to the waiting area to greet you and bring you into the office. Please be there on time and allow 10 minutes before calling the medical exchange\* to page the doctor.

\*phone #: 323-5465