

## INTRAUTERINE INSEMINATION (IUI)

Intrauterine insemination, using husband or donor sperm, timed with ovulation greatly increases the chance for pregnancy. IUI bypasses the barrier of the cervix, or entrance to the uterus. A thin catheter (tube) is passed through the opening of the cervix, placing a large number of sperm, which have been processed in the lab. These sperm are now highly motile and in the final stage of development for fertilization to occur. They are deposited directly into the upper uterus, having bypassed their greatest obstacle to their arriving at the egg, and then travel to the fallopian tubes where fertilization normally occurs.

The semen specimen for IUI must undergo a "washing" procedure to remove the seminal fluid, 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. The specimen can be collected by masturbation at home if you live within 30 minutes of the office. Remember to keep the specimen at body temperature during transport. The Lab 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. If you must travel more than 30 minutes, the Lab provides a private collection room.

The washing procedure takes approximately 45 minutes. A before and after wash assessment of the specimen will be done. We like to see a minimum of one million motile sperm after the wash to proceed with the insemination, however, peak pregnancy rates occur when we have 5 million motile sperm or more. When the specimen is ready, you will bring it to the office. The insemination will be performed at the office, in an exam, room by a physician.

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We recommend the OVUQuick, One Step or Clear Plan Easy to detect when ovulation will occur. These kits usually work best for patients. We frequently ask that you come to the office for bloodwork to confirm that you are close to ovulation. The bloodwork will also indicate if you are having a "good" cycle, meaning your results are in the range where we see an acceptable ovulation will probably occur.