

# YOUR IUI JOURNEY

Virtual medication training class

IUI 101

Treatment and medication prior authorizations required

Your period is when everything starts:  
Baseline on day 2, 3 or 4

Take medication:  
Clomid or Letrozole  
from days 3-7 or 5-9

Ultrasound and  
blood tests

Trigger shot ONLY when  
nurses tell you to administer

IUI  
procedure  
2<sup>nd</sup> day  
after  
trigger shot

Pregnancy test  
14 days after IUI

# ABOUT INTRAUTERINE INSEMINATION (IUI)

## What is an intrauterine insemination?

Intrauterine insemination (IUI) is a fertility treatment in which sperm is placed inside a woman's uterus to help facilitate pregnancy. An IUI bypasses the cervix and places sperm closer to your fallopian tubes around the time of ovulation so that the sperm can more easily meet the egg. An IUI is recommended when there is a problem such as low sperm count or motility (when the sperm do not move well). It can also be performed in cases of unexplained infertility, lack of ovulation, issues with cervical mucous or ejaculatory dysfunction.

## What medications do I have to take?

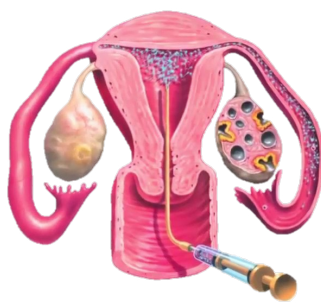
IUI is simply used to place the sperm closer to the egg, and does not need to be done with any medication. However, sometimes an IUI treatment cycle is done in conjunction with fertility medications to assist ovulation or increase the number of eggs that ovulate. Your doctor may prescribe oral medication such as Clomid or Letrozole to help stimulate the resting follicles within your ovaries to grow and develop into mature eggs. Injectable medications could also be used to help grow those eggs. Sometimes IUI is used without the addition of other medications; this is called "natural cycle IUI."

## When during the cycle should the IUI be done?

The IUI should be done around the time of ovulation. Our team of nurses and doctors carefully monitor your progress, and ovulation may occur naturally or may be induced with what is called a "trigger shot." The trigger shot will help you ovulate, generally about 36 hours after the injection. You will be told when to take this medication based on how the eggs are growing. The nursing team at GENESIS carefully reviews this timeline with you before you start treatment so that there is no confusion as to when to come in to the clinic or take your medications. If you ovulate naturally and are using LH testing (i.e. an at-home ovulation prediction kit) to assess ovulation, the IUI will usually be performed the morning after the LH surge is detected.

## How is an IUI done?

This procedure can be performed either with a partner's sperm or with sperm from a donor. If you are not using donor sperm, your partner will be asked to provide a semen sample about an hour before you are scheduled for your insemination. If your partner cannot make it that day, he can have his sperm cryopreserved (frozen) ahead of time at our facility and it can then be thawed and used on the day of insemination. We request that all partner specimens be submitted to our laboratory within one hour of ejaculation, whether for the purpose of processing or cryopreservation.



The insemination takes only a few minutes. One of our nurses will place a speculum inside your vagina, insert a small catheter (narrow tube) through your cervix into your uterine cavity, and inject the sperm through the catheter into your uterus. Most likely you won't feel any discomfort, but you may have mild cramping or spotting.

## How is the sperm prepared?

Initially, the semen is "washed" in order to separate the sperm from the seminal fluid, and only the sperm that are good "swimmers" are chosen to be included in the sample. The sperm washing procedure generally takes one hour, after which the insemination will be performed. Please note that, although it is important for sperm specimens to be submitted within an hour of ejaculation, this is because after that time sperm in the semen will begin to die. Once they have been washed and placed in culture media, sperm will retain their fertility potential for many hours. Should there be a delay in performance of the insemination either due to your own or the nursing schedule, you must not be concerned as long as the IUI is done the same day. Knowing this may also give you some flexibility on the day of the scheduled IUI.

## How much does it cost if my insurance won't cover it?

An IUI can cost as little as \$475, however since it is often done as part of a larger treatment cycle the cost increases. Monitoring, blood draws, and sperm wash will increase the cost.

## What are the risks? Could I have twins?

When performed in your natural cycle, including if you are given a "trigger shot" for the purpose of timing, IUI will not increase your risk of twins. In general, the risk of twins is 5% - 8% with Clomid or Letrozole and 10% - 15% with injectable gonadotropins. These statistics are dependent upon your age and egg reserve. Because we are monitoring your follicle growth this chance is reduced, and if you are at increased chance of twins or triplets we will let you know. In such cases you will always have the option to NOT become pregnant during that cycle.

## Can I select the gender of my child using IUI?

Although there are many techniques advertised and promoted for sex selection with IUI such as "sperm spinning" or "sperm sorting," these techniques have not been effective at reliably affecting gender outcomes. We therefore do not use these technologies for this purpose.

## Can I go to work while I am going through this process?

Yes! GENESIS has a total of five locations throughout the New York area. We open our doors early so that your follicular monitoring and blood draws can be done before you go to work. All of our locations and hours of operation will be provided to you by our nursing staff before you start treatment. On the day of your IUI you will need to plan to spend approximately two hours at our Bay Parkway clinic in the morning. This time frame will be reduced if your partner submits the specimen prior to your arrival. While the time frame for donor sperm preparation is shorter, we will not begin to thaw and process that specimen until after you arrive at the clinic, in case circumstances cause a delay in your arrival. After the insemination you can go back to work that day.