

**Piedmont Reproductive Endocrinology Group (PREG), PA**  
**Clomiphene Citrate/Letrozole and Intrauterine Insemination Instructions**

Your physician has prescribed intrauterine insemination (IUI) in conjunction with ovulation induction with clomiphene citrate (Clomid, Serophene) or Letrozole (Femara) as a form of treatment. This sheet is intended as a reminder of the timing of these treatments. Cycle day one of the menstrual cycle is the first full day of regular flow, not spotting. If the menstrual flow begins after noon, consider the next day as cycle day one. Remember that Clomiphene and Letrozole are fertility drugs and are associated with an approximately 10% multiple pregnancy birth rate.

|                             |     |     |     |        |                                    |
|-----------------------------|-----|-----|-----|--------|------------------------------------|
| Women are to take Clomid    | 50  | 100 | 150 | 200 mg | daily on menstrual cycle days 3-7. |
| Women are to take Letrozole | 2.5 | 5.0 | 7.5 | 10 mg  | daily on menstrual cycle days 3-7. |
| Follicle scan on cycle day  | 12  |     |     |        | call to schedule by cycle day 4.   |

**Urine LH Testing**

Begin testing a sample of your urine at home using a urinary LH surge detection kit on cycle day 11 and every day thereafter till a positive surge. The recommended brands available over-the-counter are ClearBlue, First Response and Ovuquick One-step. For best results, do not drink any liquids for two hours prior to collecting your urine. It is recommended that you test your urine between the hours of 12:00 noon and 2:00 PM, and that you notify our office of a positive test immediately that day before 2 PM. If you have a positive test on Saturday or Sunday, simply call our regular office phone number **864-232-PREG (7734)** to page the physician on-call by 2:00 PM.

Depending on your follicle scan, you may be instructed to take an injection of **human chorionic gonadotropin (hCG) 10,000 units (Ovidrel, Pregnyl)** that day, or within the next few days to trigger ovulation if your urine LH test is negative.

**Day of Insemination**

Your insemination will be performed the day after your positive urine LH surge or based on the timing of an hCG injection. You will receive instructions as to when you and your partner should arrive at our office. Your partner will then provide a semen sample in our office for processing (sperm washing) by our laboratory. In some circumstances, he may collect a sample at home if it is delivered in a sterile container to our laboratory within 30 minutes of collection (**collection kits available on request**). Specimens are best collected by masturbation with avoidance of the use of any lubricants or saliva. The first portion of the ejaculate is the most concentrated, so it is important not to lose any of the specimen. Couples should not have intercourse for at least 36 hours before undergoing IUI. Usually this means not having intercourse the night of a positive urine test or after an hCG injection..

A nurse or physician performs intrauterine insemination approximately one hour after the semen arrives in the laboratory. A narrow (~2 mm) IUI catheter is slipped through your cervix into your uterus during a regular speculum examination. No medications or anesthesia are required. After insemination you are asked to remain lying down with your hips slightly elevated for 15 minutes. After this time, you are free to leave the office and go about usual activities. Occasionally you may experience light spotting after the procedure, as well as leakage of some semen fluid, which is normal. Light cramping may be treated with Tylenol. We recommend intercourse again within the next 24 hours after your insemination.

A blood test for progesterone level is usually performed one week after your insemination to detect for adequate ovulation. A urine pregnancy test is then performed two weeks after your insemination and if positive you will come for blood pregnancy test and another progesterone level.

**Weekend Instructions**

Since the precise time of ovulation is seldom predictable, our office provides IUI services seven days per week. If you detect a surge on a weekend, simply phone the physician on-call as noted above. If you are scheduled to have an IUI on a weekend, you are encouraged to arrive 10-15 minutes before your scheduled appointment. If you have any further questions or problems, please do not hesitate to call our office at **864-232-7734**. After working hours and on weekends, you may also contact the physician on-call via this number.

**Costs:**

Clomiphene Citrate 50 mg/ Letrozole 2.5 mgs for 5 days: \$50-75; Intrauterine insemination (IUI): \$300; progesterone level: \$90; serum pregnancy test: \$100; follicle scan (vaginal ultrasound): \$125.

**NOTE: Some of these prices can vary (according to pharmacy) and are subject to change.**