

Piedmont Reproductive Endocrinology Group (PREG)
Super-Ovulation / Intrauterine Insemination (SOIUI) Instructions

Your physician has prescribed intrauterine insemination (IUI) with husband/partner's sperm in conjunction with ovulation induction using gonadotropins (e.g. Repronex, Gonal F, Follistim, Bravelle) as a form of treatment. This sheet is intended as a reminder of the timing of these treatments to better serve your needs. Day one of the menstrual cycle is the first full day of regular flow, not spotting. If menstrual flow begins after noon, consider the next day as day one.

Stimulation

Women are to begin injections of gonadotropins on day three of their menstrual cycles. Your dose may be given as a single injection once per day. These medications require mixing of a powder with some clear fluid known as a diluent before injection. Follow the instructions provided by the package insert and the nurses very carefully.

Cycle Monitoring

Patients are usually scheduled for a return office appointment on the fifth day of stimulation (cycle day 7). At that time, a blood sample is taken for measurement of estradiol levels and an ultrasound exam is performed to assess the number and size of follicles growing on the ovaries. Ultrasound exams will be performed in our office. Depending on the findings that day, your dose will be adjusted up or down, and a return appointment will be given for repeat monitoring one to three days later. When the follicle sizes and estradiol level meet certain criteria, you are ready for triggering of ovulation with an injection of human chorionic gonadotropin (hCG, Ovidrel, Pregnyl, Profasi). To ensure that you have not had a triggering surge of your own hormones, a urine surge test will be performed in the office on the same day that you meet ovulation criteria. If the urine test is negative, you will be instructed to receive an injection of hCG 10,000 units that evening at 8-10:00pm. If the urine test is positive, you will receive an injection of hCG immediately as a boost to your own body's surge.

Intercourse and Intrauterine Insemination (IUI)

If you receive a hCG injection at night, plan for IUI 36 hours after the injection. This translates to two mornings after the night of the first injection. Abstain from intercourse 24 hours before your IUI to optimize the sperm sample. After the IUI, intercourse is encouraged for that night and the next several days. If you have a positive urine test in the morning and receive hCG that same morning, abstain from intercourse and your IUI will be performed the next morning. After the IUI, intercourse is encouraged for that night and the next several days.

Day of Insemination

The day and time of IUI will be determined by either of the scenarios noted above. Your partner will arrive in the morning for collection of 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.

Weekend Instructions

Since the precise time of ovulation is seldom predictable, our office provides IUI and monitoring services on the weekends as well. If you have any further questions or problems, please do not hesitate to call our office at **864-232-7734**