



Intrauterine Insemination Patient Information

You are about to commence your intrauterine insemination (IUI) treatment with the Agora Gynaecology and Fertility Centre.

All treatment cycles will be co-ordinated by our fertility nurse specialists, to whom all enquiries should be made.

Contact Telephone Numbers

The Agora Gynaecology and Fertility Centre
Enquiries and Appointments

01273 229411

Urgent calls for out of hours emergencies

07912 341857

Or you can email enquiries to:

info@agoraclinic.co.uk

In the unlikely event you are unable to make contact with one of the above, your GP or local Accident and Emergency department will be able to provide assistance.

Screening

It is our policy to screen both partners for HIV, Hepatitis B and C and Syphilis. This is repeated annually. The results of these tests will be given to you at one of your appointments. If any of these tests are positive then treatment will be stopped and a referral made to a specialist clinic. If after counselling and appropriate medical management you wish to pursue fertility treatment then you can be referred to a specialist centre for fertility management.

Before treatment begins

Before you commence your proposed treatment cycle, please ensure you have been given the following information:

- The limitations and possible outcomes of the proposed treatment
- The possible side effects and risks of the treatment
- The techniques involved
- The possible disruption to your life
- The availability of counselling
- Our duty to consider the welfare of any child resulting from treatment with us

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Counselling

The difficulties associated with trying to conceive and a diagnosis of infertility can often be a major life crisis. Many conflicting feelings and strong emotions arise and often their strength and intensity are greater than those we are used to dealing with.

Counselling starts with addressing immediate issues in your life, including fertility that may cause you confusion, uncertainty or anxiety. It is important to have the opportunity to ask questions, access information and generally feel prepared for whatever lies ahead. Counselling can provide you with time and a quiet space where you can explore and consider the things that are worrying you.

Rory Singer is our independent counsellor. He is based in Brighton:

28 New Road
Brighton
BN1 1UG

Counselling sessions are charged at approx £55 per session and can be booked directly with Rory or a member of his team on Tel: 01273 681333

Patient Support Groups

Infertility Network UK

Charter House
43, St Leonards Road
Bexhill on Sea
TN40 1JA
Tel: 01424 732361
www.infertility.networkuk.com

Consent Forms

Prior to commencing your treatment cycle you will be required to read and sign forms consenting to the IUI treatment. This will all be discussed at your nurse consultation but if you have any queries please contact the nurses.

All consents must be completed and returned prior to starting treatment.

Drugs

Any medication needed for treatment will be prescribed at the Agora and either delivered to you, using our home delivery service or a prescription issued for collection at one of the local pharmacies.

There is a separate information sheet available which contains details of all the commonly used drugs for IUI treatment, listing their action and common side effects.

You will be shown how to administer any medication at your nurse consultation, prior to starting your IUI treatment.

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What is Intrauterine Insemination?

Intrauterine Insemination (IUI) involves the injection of prepared sperm into the uterine cavity. The procedure is similar to having a smear test except a fine catheter is passed through your cervix, to enable the passage of sperm directly into your womb. The procedure is timed with your menstrual cycle to correspond with ovulation and optimise chance of conception.

If we are using your partners sperm this is referred to as AIH (artificial insemination by husband) and if donor sperm is used it is referred to as DI (donor insemination).

In general IUI is appropriate in the following cases:

- Unexplained infertility
- Mild degree of abnormality in the sperm
- Antisperm antibodies
- Difficulties having intercourse

IUI protocols

Depending on your individual circumstances and requirements, IUI can be conducted with or without the use of fertility drugs (see Ovulation Induction). There are three main protocols for IUI (natural, Clomifene and gonadotrophin stimulated). A **natural cycle** is recommended when treatment is with donor sperm or infertility is secondary to difficulties with intercourse. Cycles using fertility drugs such as Clomifene (Clomid) or gonadotrophins (Gonal-F, Puregon and Menopur) are usually recommended when infertility is unexplained or there is mild male factor infertility. The drugs, used in much lower doses than in IVF, enhance the chances of successful treatment by stimulating the production of 2 or 3 follicles, rather than one. This is called **superovulation**.

Occasionally if more than 3 follicles develop we will advise cancelling the cycle and restarting on a lower drug dose due to the increased risk of multiple pregnancy. This risk is however far lower than with IVF. The overall chance of treatment being successful is approximately 10% per cycle.

Prior to starting any IUI cycle your treatment programme will be explained to you in detail by one of our nurses.

Procedure

Insemination is timed to when the egg is released into the fallopian tube, either following the administration of HCG (Ovitrelle) or urine detection of natural ovulation. On the morning of insemination your partner will need to produce a fresh sperm sample which is washed and prepared in the laboratory. He will need to attend the clinic at least 2 hours before your insemination is scheduled to occur. The prepared sample is then mixed with a small amount of culture fluid and drawn into a syringe. During the insemination the nurse performing the procedure will gently insert a speculum into your vagina to visualise the cervix. Cervical secretions are first removed and then a fine plastic catheter is passed gently through your cervix into the uterus. The syringe is attached and sperm injected slowly. This may be slightly uncomfortable, a mild period pain sensation but otherwise is relatively quick and painless.

There is no need to take time off work or limit usual daily activities following IUI but you should plan for 2 to 4 visits to the Agora during your treatment cycle for scans and the insemination itself. If you do not have a period 2 weeks after insemination, a pregnancy test should be done. This can be a standard home pregnancy test or you may choose to come to the clinic for a blood test. If the test result is positive we can arrange for you to come in for an early pregnancy scan 3 weeks later (you will be 7 weeks pregnant at this stage).

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Following insemination you may be commenced on progesterone pessaries (Cyclogest) to take each night for 14 days.

IUI Procedure

