

IUI Fertility Cycle

Intrauterine insemination (IUI) is a procedure we do in our office where we separate the sperm from the ejaculate and inject the sperm directly into the uterus. More often, this procedure is used for patients who have a partner with a low sperm count or who are having trouble getting pregnant with fertility cycles and traditional intercourse.

Scheduling: Once your provider has decided that an IUI is right for you, we will have you call our office with the start of your period to set up an IUI cycle.

IUI Process: With an IUI we typically have you take a fertility medication call Femara or Clomid. We will tell you what to start that medication, usually day 3, 4, or 5 of your cycle and it is taken daily for 5 days, at the same time each day. Day 1 of your cycle is the first day of your period. We usually will also schedule you for an ultrasound to look at your follicles to make sure you have a mature follicle before doing the IUI. If the ultrasound looks good we will have you give yourself a shot called Pregnyl the evening following your ultrasound. Instructions will be provided on how to do that. The day of the IUI, we will need your partner to provide a fresh semen sample either at home or in our office. If done at home, it needs to be kept warm and brought to our office within 30-45 minutes. It then takes about 45 minutes to process the specimen. For the IUI, the provider will perform a pelvic exam with a speculum and then gently insert a very small catheter through the cervix to inject the sperm directly into the uterus. We will have you lay flat for 20 minutes after injection and then you may go about your normal activities. If you get to day 35 of your cycle, we want you to do a urine pregnancy test and let us know if it is positive or call when you start your period. You should avoid doing a pregnancy test before day 35 because the shot can cause a false positive result.