



Artificial Insemination

Insemination is a commonly utilized therapy for infertility. The procedure involves special preparation of sperm and careful placement of the sperm either at the cervical opening or into the uterus near the openings to the fallopian tubes.

What is IUI? There are several names used to describe insemination. IUI stands for intrauterine insemination (into the uterus). AIH stands for artificial insemination with husband's sperm. AID is artificial insemination with donor sperm. These terms all describe the same process of putting sperm into the uterus.

Why is it done? Artificial insemination is an established treatment for several infertility factors including: low sperm number, low sperm motility, abnormal morphology sperm, poor cervical mucous, poor post-coital test, allergy to sperm, and infertility of unknown origin. These techniques help improve the quality of sperm, and place them at the right time in the location where they will be the most effective.

How is the sample prepared? The sperm is specially prepared as determined by your physician and the Andrology Lab. It takes between ½ to 3½ hours to prepare the sample prior to the insemination. The Andrology Lab will give you the specific time for the preparation to be done. Payment is due at the time of service. It may be necessary to draw the woman's blood so that the serum from the blood can be added to the fluid used to prepare the sperm sample. Check with the Andrology Lab if you have questions regarding this. The sample, when prepared, will be placed into a Styrofoam box surrounded by warm gel packets to keep the sample at body temperature, which you will take with you for the insemination. Inseminations take place in The Utah Center for Reproductive Medicine.

How do I schedule my insemination? Scheduling of insemination is determined by either ultrasound or urine LH testing. Your doctor will order one of these procedures. If your doctor orders ultrasounds, you will be followed by transvaginal ultrasound. Your doctor will give you specific instructions as to when you will need the ultrasound. If your doctor has ordered LH testing, or urine ovulation prediction testing, you will need to pick up a copy of instructions from your doctor or Andrology.

How is the insemination done? When you arrive in The Utah Center for Reproductive Medicine you may have to wait for your insemination. The inseminations are performed by a nurse, or occasionally by a doctor. The procedure itself is similar to getting a pap smear. The woman's feet are placed in stirrups; a speculum is placed in the vagina, and a small plastic catheter is passed through the cervix, (the neck of the uterus), and into the uterus. The sample is then slowly inserted near the openings of the fallopian tubes. The entire procedure usually only takes a few minutes, and then you will lay still for about 10 minutes.

What are the possible side effects? It is not uncommon to experience some mild cramping and/or spotting during the first few hours after the procedure. If a temperature, rash, low abdominal pain, chills, loss of appetite, nausea, vomiting, significant bleeding or vaginal discharge occur, notify your physician immediately. Certain bacteria in the vagina can cause an infection in the cervix, uterus, or tubes. If having

AIH, there is a risk of transmission of a sexually transmitted disease.

What is the success rate? For each couple, chances of success are different depending on the underlying fertility problems. Of those who become pregnant with insemination, the average is within 6 attempts. Long term planning regarding the number and type of inseminations you undergo should be made in consultation with your doctor.

On the day of your insemination the nurse will explain everything that is happening as thoroughly as possible. If you do not understand something or **why** something is being done, please ask. If no period by 14 days after the insemination, you may do a home pregnancy test. If you get a positive test, please call your doctor's office and The Utah Center for Reproductive Medicine at 581-4838.

After an insemination you will be asked to lay down 10-15 minutes after the procedure to facilitate sperm swimming up in the uterus and tubes. You may then return to normal activity for the rest of the day.

For questions regarding collection of a specimen, purchasing LH kits, or your appointment, call Andrology at 581-3740.

Remember, if any of the above information is unclear, or you have any other questions; feel free to call our office! We are here to help!