

Lila L. Schmidt, MD
OB/GYN, Reproductive Endocrinology/Infertility
3969 4th Avenue, Suite 207
San Diego, CA 92103
619/295-4050
SanDiegoMommyMaker.com

Intrauterine Insemination (IUI)

Procedures, Instructions and Expectations

Why do we do an IUI?

The Intrauterine Insemination procedure is chosen as a path to conception if:

- f* the female is “hostile”, or the woman’s body kills off the sperm deposited in the vagina after sexual intercourse
- f* the male is absent. We may then use a previously frozen sample.

How long does it take?

The procedure usually takes about 15 minutes. Additionally, preparation time of the sample can take 30-60 minutes. The sample is prepared here in the office. So, an IUI appointment can take from an hour to an hour and a half.

How is the procedure performed?

The IUI is performed in the office. Once the sperm sample is obtained in the provided sterile container, ***label it with your name*** and keep it next to your body (in a pocket, tucked into your bra) for about an hour; this allows the semen time to liquefy. You may bring the specimen into our office before the hour is up and we will use our incubator to allow the semen to liquefy.

After the semen liquefies, Dr. Schmidt will prepare the specimen by separating the sperm from the semen. The sperm is then placed into a catheter similar to this one:



A speculum is placed in the vagina (just like in a pap smear) and the catheter is placed into the cervix (the opening of the uterus) and then further on into the uterus. You may feel a slight cramping sensation. The plunger is pressed, expelling the sperm directly into the uterus where the sperm will travel up the fallopian tubes in the hopes of meeting and fertilizing the egg.

Before the Procedure:

- f Complete the Ovulation Predictor Kit testing with the first urine of the day.
- f If a surge is detected, call our office by noon.
- f When you call on the day of your surge, we will then schedule two consecutive IUI procedures to occur on the two days FOLLOWING your surge.
- f You may drive yourself to and from the appointments.
- f You may take ibuprofen or similar medication prior to the procedure.

EXAMPLE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	Step 1: Surge detected with first morning urine and OPK	Step 1: (about 1-1 ½ hours before appointment) Obtain sperm sample	Step 1: (about 1-1 ½ hours before appointment) Obtain sperm sample	
	Step 2: Call Dr. Schmidt's office by noon	Step 2: IUI procedure appointment	Step 2: IUI procedure appointment	

Please note: this series of procedures **does not** change if the series begins on a holiday, a Friday or a Saturday. We continue to see our cycling patients as they need us.

After the procedure:

- f You may experience a diarrhea-like or menstrual-like cramping
- f You may be directed by Dr. Schmidt to have intercourse the same night you have the IUI
- f Do not sit in a body of water (pool, bath, hot tub or ocean) for 24 hours following the IUI. Showers are fine.