

## **Intrauterine Insemination (IUI) Instructions**

1. If you are using an ovulation predictor kit, test in the early afternoon beginning on cycle day 11. On Fridays, or on days prior to a holiday, test before 0600 hours.
2. The IUI is equally effective if performed on the day of or the day after a positive ovulation kit test.
3. When your test turns positive call our office to schedule the IUI (433-5946 or 433-2778 Ext 412).
4. Bring the semen sample to the STAT Lab (2<sup>nd</sup> floor, G wing, mountainside, room 2G016) between **0730 and 0745**. Don't wait for us to schedule the IUI, just bring the sample in.
  - a. The sample must be brought in by the **MALE PARTNER** with a photo ID
  - b. Tell the laboratory that the sample is for insemination (washing) not for semen analysis.
5. Specimen collection may be done at home in a sterile contained (urine sample cup) provided the sample is at the lab within one hour of collection.
6. IUIs are performed only Monday through Friday
7. No IUIs are performed on holidays or training holidays. If we are unable to perform the IUI due to a weekend or holiday, we recommend intercourse on the day of the positive ovulation predictor kit test.
8. After the IUI, you do not need to limit your activity. Intercourse, exercise, swimming and most other activities are acceptable.
9. If you get a period after the IUI, call us on the first day of your bleeding, or as soon as possible, to schedule an appointment.
10. If you do not get a period by 21 days after the IUI, perform a home pregnancy test or call us to get a pregnancy test ordered.
11. Let us know if you are pregnant. Call the REI Nurse Coordinator at 433-5946