

Intrauterine Insemination

Intrauterine insemination is a procedure in which sperm are “washed” and placed into the uterus through a catheter. The male partner produces a semen sample by masturbation. The sperm are then separated from the seminal plasma, white blood cells, prostaglandins, and other “debris” which are filtered out during natural intercourse. A speculum is inserted into the woman’s vagina and a catheter with an attached syringe, containing the washed sperm, is inserted through the cervix into the uterus. The specimen is injected and the catheter and the speculum are removed.

Patient Instructions:

1. **Intrauterine inseminations are done during certain hours at selected offices only.** Contact your office for details and schedule an appointment if necessary. You will schedule 1 or 2 inseminations per cycle. Your physician will determine the timing and number of the procedure(s). You will be asked to sign an informed consent form acknowledging your understanding of the procedure and giving your permission for the insemination to be performed.
2. Check with your office regarding any medications that you should take or avoid the day before and day of the insemination.
3. Collection Instructions (for the male partner):
 - a. Abstain from ejaculation for at least 2 days (48 hours) but no more than 5 days before producing the specimen. Check with your office for specific instructions regarding sexual abstinence before an insemination.
 - b. The specimen should be obtained by masturbation. The lab is equipped with collection rooms for comfort and privacy. You are encouraged to use these facilities. Ejaculate directly into the sterile specimen container provided by your office. Do not use a condom or withdrawal. Do not use any soaps, detergents, creams or lubricants to aid specimen collection. These agents can damage the sperm. Your partner may assist, but avoid oral or vaginal stimulation.
 - c. When collecting sperm write the patient’s name collecting the specimen and the partner’s name, your social security number, your date of birth, and your physician’s name on the container. The date and time the specimen was produced and the number of days of sexual abstinence must also be written on the label. Keep the container tightly capped and carry it in an inside pocket or under an arm to keep the specimen at body temperature. Do not expose the container to direct heat! The specimen must be delivered to the lab **within 1 hour** of collection.

4. Plan to be at the office for at least ½ hour. It takes a while to prepare the specimen for insemination. You will be given an appointment time for the actual insemination, which takes only a few minutes to perform. The procedure is painless. Afterwards you will rest for 5 to 10 minutes before being discharged.
5. Some cramping and spotting may occur after the insemination. If the cramping becomes severe, the bleeding is as heavy as the heaviest flow during your menstrual period, or you develop a fever, **call your office immediately**. After hours or on weekends or holidays, call the answering service and have the on-call physician paged.

Note: Patient's I.D.s will be required.