



live your life.

CCM Health offers support *throughout infertility treatments*



Intrauterine Insemination (IUI)

IUI is a type of artificial insemination for treating infertility. Sperm that have been washed and concentrated are placed directly in your uterus around the time your ovary releases one or more eggs to be fertilized.

The hoped-for outcome of intrauterine insemination is for the sperm to swim into the fallopian tube and fertilize a waiting egg, resulting in pregnancy.

Depending on the reasons for infertility, IUI can be coordinated with your normal cycle or with fertility medications.

How to prepare

Preparing the semen sample. Your partner provides a semen sample at the doctor's office. Because nonsperm elements in semen can cause reactions in the woman's body that interfere with fertilization, the sample will be washed in a way that separates the highly active, normal sperm from lower quality sperm and other elements. The likelihood of achieving pregnancy increases by using a small, highly concentrated sample of healthy sperm.

Monitoring for ovulation. Because the timing of IUI is crucial, monitoring for signs of impending ovulation is critical. To do this, you might use an at-home urine ovulation predictor kit that detects when your body produces a surge or release of luteinizing hormone (LH). Or an imaging method that lets your doctor visualize your ovaries and egg growth (transvaginal ultrasound) can be done. You also may be given an injection of human chorionic gonadotropin (HCG) or medications to make you ovulate.

Determining optimal timing. Most IUIs are done a day or two after detecting ovulation. Your provider will have a plan spelled out for the timing of your procedure and what to expect.

IUI Risks

- **Infection.** There's a slight risk of developing an infection as a result of the procedure.
- **Spotting.** Sometimes the process of placing the catheter in the uterus causes a small amount of vaginal bleeding. This doesn't usually have an effect on the chance of pregnancy.
- **Multiple pregnancy.** IUI itself isn't associated with an increased risk of a multiple pregnancy. But, when coordinated with ovulation-inducing medications, the risk of a multiple pregnancy increases significantly.

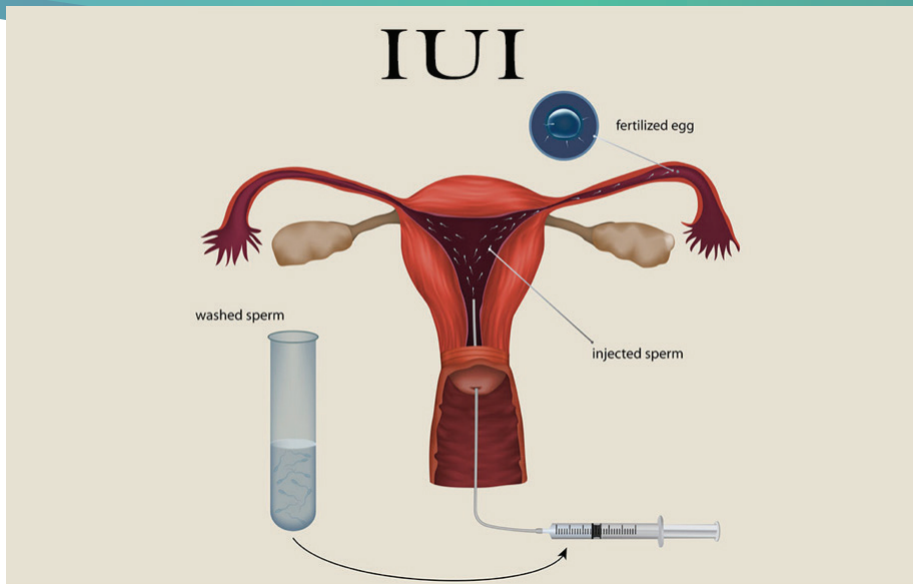


Diagram of the insemination process.

What to expect

PRIOR TO THE PROCEDURE

- The procedure itself is 15-20 minutes.
- Requires no pain medications.

DURING PROCEDURE

While lying on an exam table, you put your legs into stirrups. Your care provider inserts a speculum into the vagina — similar to what you experience during a Pap test. *During the procedure, the provider:*

- Attaches a vial containing a sample of healthy sperm to the end of a long, thin, flexible tube (catheter)
- Inserts the catheter into the vagina, through the cervical opening and into the uterus
- Pushes the sperm sample through the tube into the uterus.
- Removes the catheter, followed by the speculum.

AFTER PROCEDURE

- After insemination, you lie on your back for a brief period. Once the procedure is over, you can get dressed and go about your usual daily activities. You may have some light spotting for a day or two after the procedure.

RESULTS

- Wait two weeks before taking a home pregnancy test or your provider may want you to have a blood test to determine success.

Our team is here for you, providing compassionate care and guidance throughout the process, ensuring that you never feel alone on this path.

If you would like to set up a consultation or would like more information please call 320-269-8877.

ccmhealthmn.com

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