



Monitoring for natural cycle IUI

Information for patients

**Fertility Clinic
Aberdeen Maternity Hospital**

1. Within 2 or 3 days of each period starting please telephone the number at the end of this leaflet.
2. Tell the clinic you will be starting your urine or blood test on day The clinic will work out the date for you.

Urine tests

3. From day of your cycle onwards, please test one sample of urine each day until your urine test shows that you are having a surge.

**Test this sample between
10.00am and 11.00am
Do not test your first sample of the day.**

4. You do not have to telephone the clinic each day you test, but if testing at a weekend, it would be helpful if you could telephone in and inform us whether your test is positive or negative.

5. When your urine test shows a hormone surge, telephone the Fertility Centre as early as possible that day, before 11.30am. You will be asked to return to the Centre the next day for IUI treatment.

Blood tests


6. From dayof your cycle onwards, you will be given an appointment to attend the centre for a blood test each morning.
7. You will be contacted that day with the results. We will advise you when you need your next blood test.
8. When your hormone rises we will ask you to return to the centre the next day for IUI.
9. Your period is due 14 to 16 days after your treatment. When it is 5 days late, a home pregnancy test can be carried out.

Please note that there is no Sunday IUI service, so if either your urine or blood test shows the hormone surge on a Saturday we CANNOT offer treatment on the Sunday.

Contact information

If you have any problems, please contact one of the Sisters at:

Fertility Centre

 **(01224) 552719 or 550567** 

This leaflet is also available in large print and on computer disk.

Other formats can be supplied on request. Please call Quality Development on (01224) 554149 for a copy. Ask for leaflet 0367.

Feedback from patients and carers helped us to develop this leaflet. If you have any comments or suggestions about how we can improve this leaflet, please let us know.