



1 EXPLANATION OF SUPEROVULATION AND INTRA-UTERINE INSEMINATION

1.1 What is Superovulation (SO) and Intra Uterine Insemination (IUI)?

The treatment involves injections to stimulate the ovaries. The response will be monitored with blood tests and ultrasound scans. When the scans and blood tests are satisfactory, a final injection is given to trigger ovulation. A semen sample is prepared in the laboratory for the insemination procedure which involves passing a fine tube through the cervix into the uterus.

1.2 What happens at my clinic appointment?

You will be sent an appointment at which time you can discuss your treatment plan in detail. You will be shown how, and advised when to do your injections. If you have not had an ultrasound scan previously this will be undertaken. You will be asked to sign a consent form for treatment and you may begin with your next period.

1.3 How do I get started on my treatment?

Telephone the Centre on day 1 of your period, and you will be given an appointment for the following morning. Please leave a message on the answering machine with a contact telephone number if your call is not answered.

1.4 Starting Treatment

A blood test and vaginal (internal) scan will be performed on the second day of your period to ensure you are ready to start your treatment. You will be given your treatment schedule, drugs you require and all questions will be answered. Your injections must be taken on alternate days – 2,4,6 and on day 8 a Superovulation Protocol Appointment Sheet ([FM-AR-0025](#)) will be provided and you must attend the Centre for another appointment for blood test and vaginal scan. From day 8 onwards the injections will be daily. Further appointments will be given depending on your response to the drugs.

1.5 Tell me more about the drugs I will take?

The injection that you take is Follicle Stimulation Hormone (FSH). It is important that you follow the instructions given to you. The dose is set by the Centre staff and must not be altered without their permission.

The stimulation drugs should produce a maximum of two follicles (egg sacs) about 18mm. If you produce any more follicles, the cycle will be cancelled due to the risk of multiple pregnancy. If your treatment is cancelled, you must use barrier contraception until your next period.



1.6 Timing of Insemination

Once the follicles have grown to an adequate size and the hormone levels are satisfactory a final injection must be taken to trigger ovulation. The timing of this injection is set by the Centre staff. The IUI is undertaken 18-36 hours after this final injection. You will be given a time at which the semen sample should be produced and a time when the IUI will be carried out.

1.7 Providing the Semen Sample

We recommend that you do not have intercourse or ejaculate from day 8 of treatment. It is possible to produce the sample at home if you live locally, on the morning of insemination. The sample should be kept warm en route to the Centre and should be handed in to the Andrology Department on the top floor of the hospital. It is important that the container is labelled with both partners names and time the sample was produced. However should you live more than 30 minutes from the Hospital you should produce the sample within the Centre. Should you anticipate any problems please advise staff as soon as possible.

1.8 When do I know the outcome of the treatment?

If you have not had a period 16 days following insemination you should undertake a pregnancy test. If it is negative you should have one month with no treatment before commencing another cycle. If it is positive arrangements will be made for an early pregnancy scan. Please contact the Centre to inform the staff of the outcome of your treatment.

1.9 Risks

If you produce three or more follicles no insemination will be carried out due to the risk of multiple pregnancy ([PI-AR-0010](#)) or ovarian hyperstimulation syndrome ([PI-AR-0013](#)).