



Natural cycle IUI - what does it mean?

IUI (Intra-uterine insemination) means that prepared semen is placed in the uterus. Natural cycle IUI means that we make use of the egg and hormones released in your natural cycle. We monitor the time that ovulation takes place in your cycle and when this occurs prepared sperm are placed in to the uterus.

Patients can access counselling, chaperone, dietician or smoking cessation services at any time during treatment at no extra cost.

How can natural cycle IUI improve my chances of conception?

By placing the prepared semen inside the uterus i.e. closer to tube we are theoretically increasing the chances of a sperm meeting and successfully fertilising the released egg.

Who is best suited for this treatment?

The evidence suggests that natural cycle IUI is beneficial if you have:

- Unexplained sub fertility
- Mild male factor sub fertility

What is my chance of conceiving with natural cycle IUI?

Each cycle should increase your chances by 5-8%. We recommend a course of 6 cycles.

What happens if I do not get pregnant after six cycles?

An appointment will be made with the medical staff and all details of your particular case discussed. Plans can then be made for any further more complex treatment such as in vitro fertilisation if appropriate.

Are there any side effects?

The treatment is carried out in a natural cycle so the hazards are minimal. Passing a catheter in to the uterus is a very simple procedure. If appropriate you will be screened for infections such as chlamydia to minimise the risk of introducing infection in to the uterus. This will be discussed with you at the clinic.

Do I have to pay?

Each cycle of natural cycle IUI is self-funded. The Assisted Reproduction Unit will invoice you for the appropriate amount.

What do I do next?

If you wish to proceed, an appointment will be arranged with one of the nursing staff of the Aberdeen Fertility Centre, who will go through the procedures involved in monitoring ovulation, timing insemination, etc and answer any queries you have. The necessary consent forms and financial details will be dealt with at this visit.

Further information

If you have any questions about Natural Cycle IUI then please contact us by telephone at:

**The Fertility Clinic: 01224 552719/550693
or The Assisted Reproduction Unit: 01224 550567**