

Intrauterine Insemination

Patient Information



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What is Intrauterine Insemination (IUI)

Intrauterine Insemination (IUI) is a fertility procedure in which sperm are washed, concentrated, and injected directly into the woman's uterus. In natural intercourse, only a fraction of sperm makes it into the fallopian tubes where fertilisation takes place. IUI aims to increase this number. Research studies have shown that IUI is most successful when coupled with fertility drugs to enhance ovulation. This technique is often called stimulated IUI.

IUI can be recommended for couples with no known cause of infertility who have been trying to conceive for at least one year, or where there is a mild sperm factor.

Benefit of IUI

The benefit of IUI is achieving a pregnancy.

Alternatives

The alternatives of IUI are:

- Treatments such as clomiphene or letrozole, where there has been a delay in achieving a pregnancy due to ovulation problems.
- IVF treatment, which is much more effective but, carries more risks.

What happens in the IUI procedure?

1. Drug treatment begins at the start of the menstrual cycle to encourage eggs to mature. Usually these are gonadotrophin injections stimulating the ovaries to produce follicles and cause ovulation. You will be taught how to administer the injections at the start of the treatment.
2. A week after drug treatment has commenced, you will have regular ultrasound scans to check the development and growth of any follicles. When your ultrasound scan shows one to three follicles that have reached their target size, you will be given a final injection of HCG (trigger injection) to induce ovulation. Your IUI procedure will be timed to coincide with this.
3. Your partner will be asked to provide a sperm sample on the morning of the IUI procedure. The sample is washed and prepared in the laboratory for use later that day.
4. During the IUI procedure a fine catheter will be inserted through the cervix into the uterus where the prepared sperm will be passed. You will be asked to rest for at least 30 minutes following this, before you go home.
5. It is normal to get some abdominal cramps or discomfort during or just after the procedure, these should quickly wear off.
6. You may resume normal activities after 24 hours.

7. You will be asked to carry out a pregnancy test two weeks following the IUI unless your period has already started.
8. If the test is positive, we will arrange a scan for you in a couple of weeks to ensure all is well.
9. If the test is negative, then you may contact the ward on the first day of your period if you wish to proceed with another cycle of treatment.

You may make an appointment following any cycle if you wish but after three cycles, we would ask you to make an appointment to discuss further options.

The Unit Counsellor can be contacted for support at any time, throughout your treatment and afterwards. The telephone number is 01942 264308.

Risks

The risks involved in having IUI are:

- Ovarian hyper-stimulation – in which case the cycle will be abandoned
- Multiple pregnancy
- Failure to conceive.

Contact information

If you have any worries or concerns or need some advice, please do not hesitate to contact the nursing staff at:

Fertility Fusion, Wrightington Hospital

Telephone: 01257 256251 (Monday to Friday 8am to 4:30pm)

Swinley Ward, Royal Albert Edward Infirmary

Out of hours: Telephone: 01942 822568

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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