Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Intrauterine Insemination

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Intrauterine Insemination

Patient Information

Fertility fusion

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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. We will not be storing your sperm sample; it is for treatment only.

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 unit 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 will 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 for the unit is **01257 256251.**

Risks

The risks involved in having IUI are:

- Ovarian hyper-stimulation – in which case the cycle will be abandoned
- Poor response- 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

Counselling service

In line with the Human Fertilisation and Embryology Act 1990 (amended HFEA, 2008), Counselling is offered in combination with the treatment provided by Fertility Fusion. There are many benefits to the counselling that will be offered to patients during their fertility treatment. It will always include the opportunity to talk through the implications of the treatment that have been suggested, and it will also include elements of support and therapy.

What is counselling?

Counselling takes place when a trained counsellor meets with a patient in a private and confidential setting to explore any difficulty, distress or dissatisfaction with life that the patient may be experiencing. Counselling can increase a patient's ability to make choices and change aspects of their situation.

Counselling can give you:

- The opportunity to talk freely and openly without being judged.
- The chance to explore feelings and sensitive issues that are troubling you.
- Help in understanding the factors that may be contributing to your difficulties.
- Support in finding your own solutions and new ways of coping.

Anything you share with your counsellor will be treated as confidential unless there are exceptional circumstances.

Who is seen in counselling?

Initial counselling, following the treatment information meeting with the nurse, is available for all persons involved in the treatment. Further sessions can be attended either individually or as a couple.

What is the purpose of counselling for infertility and assisted conception?

- Counselling about the Implications of treatment aims to help patients understand exactly what the treatment will involve and how it might affect them and those close to them - now and in the future.
- To provide emotional support before, during and after treatment, particularly if the person is experiencing stress, ambivalence or distress.
- To assist people in developing successful coping strategies for dealing with both the short- and longer-term consequences of infertility and treatment.
- To help people to adjust to and accommodate to their particular situation.

What is the duration of counselling?

Counselling may be an ongoing process and can be continued, or take place for the first time, after a course of treatment has been completed. The duration of counselling is determined by the individual’s needs and wishes.

How to contact the service?

Counsellor: Andrea Hollinghurst

Counselling Service

Fertility Fusion

Wrightington Hospital

Hall Lane

Appley Bridge

Wigan

WN6 9EP

Telephone: **01257 256251**

(Confidential answering machine service if unavailable)

All Counselling staff respect and maintain confidentiality at all times in line with the law. Counsellors are members of the British Association of Counselling and Psychotherapy (BACP), the British Infertility Counselling Association (BICA) and adhere to the HFEA licensing regulations and guidance.



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