

Insemination treatment (IUI / AIH)

Insemination is a procedure where the sperm with good motility that have been separated from the seminal fluid are injected into the uterine cavity using a catheter. The insemination is timed to the moment the follicle releases from the ovary, i. e. the ovulation, as accurately as possible.

Using seminal fluid in the treatment requires that the couple has an up to date treatment consent form, and the results of the male partner's HIV and hepatitis blood samples must be ready.

Signing up for treatment

Sign up for treatment **every time when your menstrual bleeding starts** by contacting the fertility nurse.

Booking a time for the insemination

The exact time of the insemination is determined either by an ovulation test or by the injection, which causes the follicle to rupture. After the ovulation test comes back positive, the insemination is performed on the first following weekday. **The time is arranged during your outpatient clinic appointment or through contacting the fertility nurse.**

When the ovulation test is positive on:

- Monday–Thursday, contact the fertility nurse on the same day.
- Friday or Saturday, ovulation takes place during the weekend and the insemination cannot be performed.
- Sunday, your partner can bring the semen sample on Monday morning. At the same time, he can book an insemination appointment for you.

Semen sample

The sperm used in the infertility treatments is taken on a predetermined date and preferably **at the private sample room at the gynaecological outpatient clinic**. If this is not possible, the sample can be collected at home.

Taking the sample

We recommend that 1 to 3 days have passed since the last ejaculation.

- Take the sample by masturbating directly into the container you have received for this purpose
- Do not use a condom, as it is harmful for the sperm.
- Try to collect all of the ejaculate.

Sample which has been taken at home

Transport the sample within an hour to the fertility laboratory.

- On the day of the insemination between 7.30 – 8.00 am. Fertility laboratory is located at the Tyks gynaecological outpatient clinic.

Protect the sample carefully from **cold and hot temperatures** during transportation. Transport the sample in a breast pocket. The sample can be stored in room temperature (20 degrees Celsius).

The sample must be **brought in person** to the Fertility laboratory, where **identity will be verified** (bring a photo-ID with you).

Insemination

You should arrive to the insemination procedure with **a full bladder**, because this will make the insemination procedure easier. The procedure lasts for a couple of minutes and it is usually painless.

Home care instructions and pregnancy test

There are no restrictions after the procedure. Having intercourse on the same day is encouraged. You can take **a pregnancy test from urine approximately 16 days after** the insemination.

You can contact the fertility nurse about the results of the pregnancy test and your follow-up treatment.

Complications

Complications are rare, but all vaginally performed procedures carry a risk of an infection. Contact the outpatient clinic if you have increasing pelvic pain or you develop a fever over 37.5 Celsius.

Contact information

All communication can be done through the My path -channel after you have been registered as a user. The fertility outpatient clinic staff is not available during the weekends.

Fertility nurse telephone 02 313 2325, available:

- Tuesday, 1–1.30 pm
- Thursday, 1–1.30 pm

Gynecology Outpatient Clinic, telephone 02 313 1322

- Secretary, appointment bookings, Monday–Friday at 1–3.00 pm
- Nurse, call-back requests Monday – Friday from 8.00 am to 3.00 pm
- During evenings and weekends in urgent matters