

## Artificial insemination

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In insemination the best motile sperm separated from the semen sample are placed in the woman's uterine cavity using special catheter at the time of ovulation. Insemination is usually carried out by hormone-timed ovulation. The success rate of insemination, combined with hormone therapy, is at best 10-15% per cycle. Insemination treatments are usually repeated a few times.

### The treatment

FSH-injections (Bemfola®, Gonal-F®, Ovaleap®, Rekovelle®, Menopur®, Meriofert®, Pergoveris®) begin on the menstruation day 3-5. It is important to monitor the treatment properly to ensure that the ovaries do not develop too many follicles, which increases the risk of multiple pregnancy. The ideal number is 1 to 2 ripe eggs. Vaginal ultrasound is done 1-3 times per treatment period.

Insemination can also be carried out according to the woman's natural menstrual cycle or tablets which you can take orally. The medication usually begins on the menstruation day 3-5 for five days. Vaginal ultrasound is done 1-3 times per treatment period.

Inform us via Kaiku or by phone when your period begins. We will book you an appointment for the ultrasound. At the appointment you will be given instructions how to continue with the treatment. You will also get a spermcup and all the needed documents for the insemination.

### Ovulation

Ovulation is achieved by hCG hormone injection. The injection time is given at the doctors' appointment.

### Insemination

The semen sample is given on the day of insemination. The man must bring the sample to the Satasairaala laboratory between 7-7.30 in the morning (bring identification with you). Previous ejaculation should be 1-3 days prior the insemination date. The sample can be given at home if it can be delivered to the laboratory in less than an hour from the ejaculation. Keep the sample warm. Don't rip the seal tape off the sample cup and bring all the documents to the laboratory with you.

If there are antibodies in the sperm, the sperm sample must be given at the laboratory.

Insemination is done at the outpatient fertility polyclinic. The bladder should be full. The specially prepared semen is injected into the woman's uterine cavity using a special catheter. The procedure lasts a few minutes and is usually painless. You can continue with your daily activities normally.

Insemination can't be done on weekends.

### **After the insemination**

Pregnancy test should be done 16 days after the insemination. If the test is positive, pregnancy ultrasound is done approximately 3 weeks after the positive pregnancy test. If the test is negative, a new treatment can be planned.

You can contact us via Kaiku or

phone (02) 627 7820

Tuesdays 7.30 -8.00 and 15.15-15.45

Wednesdays 15.00-15.45

Fridays 8.00-9.00