

Insemination treatment using donor sperm (AID)

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, id est the ovulation, as accurately as possible.

An up to date treatment concert from is required.

Booking a time for the insemination

The exact time of the insemination is determined either by an ovulation test or the injection which causes the follicle to rupture. **The time is booked during your outpatient clinic appointment or by 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, contact the fertility nurse on Monday morning.

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. You can take **a urine pregnancy test** 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 preformed procedures carry a risk of an infection. Contact the outpatient clinic if you have increasing lower abdominal pain or you develop a fever of over 3,5 degree 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

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

Gynaecological Outpatient Clinic, telephone 02 313 1322

- Secretary, appointment bookings, Monday–Friday at 1.00–3.00 pm
- Nurse, call-back requests Monday – Friday from 8.00 am to 3.00 pm
- During evenings and weekends in urgent matters