

Intrauterine Insemination (IUI) with a natural or Clomiphene cycle is a treatment often used for couples with unexplained infertility.

For an IUI cycle your menstrual cycle will be monitored with blood tests in order to determine when ovulation occurs. This will either be with a natural cycle or you may be advised to take Clomiphene to induce ovulation and/or promote development of 2 to 3 follicles. It may be necessary to have an ultrasound scan of the ovaries to assess the number of follicles that are growing. At the time of ovulation, your partner will produce a sperm sample which will be prepared in the laboratory for the insemination procedure. The motile sperm are inserted through the cervix into the uterus using a thin plastic catheter. If your next menstrual bleed is delayed (approximately two weeks later) a blood test will determine whether pregnancy has occurred.

The chance of pregnancy per cycle of IUI is approximately 15%, but is dependent on the woman's age.

IUI is available both publicly and privately. Your consultant at Fertility Plus will assess your eligibility for publicly funded treatment.

Clomiphene

Clomiphene is a common drug used in fertility treatment to promote follicle development and induce ovulation. It is taken in tablet form, once a day for five days from Day 2 of your cycle.

The most common reported side effects with Clomiphene are:

>10%	Ovarian enlargement causing abdominal discomfort or bloating (14%) Hot flushes (10%)
1-10%	Visual symptoms (2%) Breast discomfort (2%) Nausea and vomiting (2%) Headache (1%)
<1%	Insomnia Nervousness

Side effects rapidly improve soon after stopping therapy. It is important to inform us if you have any symptoms you are concerned about.

With any fertility drug there is a risk of a multiple pregnancy occurring. With Clomiphene, the risk of twins is approximately 8% of pregnancies. The risk of triplets is approximately 1 in 300 pregnancies (~0.3%). This compares with an incidence of spontaneous multiple births of 1 in every 80 births (1.2%). To minimise the risk of multiple pregnancies, it is especially important to have the monitoring blood tests that the nurses will request during your cycle.

There is no evidence that Clomiphene increases the risk of spontaneous miscarriage or causes any congenital abnormalities in children born as a result of this treatment. Short term use of Clomiphene is believed to not be associated with any increased risk of cancer or other health problems in women.

Starting treatment

- 1) Phone the nurses on Day 1 of your menstrual period i.e. the first day of a full menstrual bleed. You may need to leave a message and your call will be returned as soon as a nurse is able to. You will be instructed when to have your first blood test. You will be required to have more than one blood test in order to monitor your cycle and determine when ovulation is about to occur. Blood tests are carried out at a Lab Test facility. Check the back of blood test form for your nearest laboratory. These tests need to be done before 9.00am.
- 1) If you have been advised to take Clomiphene, commence the tablets on Day 2 and take each day for 5 days. You will be instructed how many tablets to take each day.
- 2) On the afternoon of your first blood test you will be phoned with further instructions.
- 3) Depending on blood test results, you *may* require an ultrasound scan to provide adequate monitoring of your cycle. This will be performed at Fertility Plus. A full bladder is not required, as the scan is carried out vaginally.
- 4) When blood tests indicate that you are about to ovulate i.e. there is a lutenising hormone (LH) surge in your blood, you will be given a time to come into the clinic to have the insemination.
- 5) Your husband/partner's sperm sample is required in the Fertility Plus laboratory approximately 2 hours prior to insemination. This sample must be delivered by the man himself and he must bring photo identification (e.g. a driver's licence or passport).

If you wish to produce the sample at home you must let the laboratory know on (09) 630 9842

- 6) The semen sample is analysed and put through a washing process in order to harvest the good quality, fast moving sperm to be used for insemination.
- 7) For insemination, a speculum is placed in the vagina. The sperm is passed through the cervix into the uterus using a fine catheter. This is usually performed by a nurse.
- 8) A blood test to check your progesterone level will be performed seven days following the insemination. This test is to confirm that ovulation did occur.
- 9) A pregnancy test is performed if the next menstrual bleed is delayed (approximately two weeks later)

Note: The nursing phone lines are often busy; please leave a detailed message and someone will get back to you as soon as possible. If you leave a message after 4pm your call will not be returned until the following morning. If you have had a blood test and are awaiting further instructions you will receive a call the same afternoon.

Private Paying Patients

When you phone to book your IUI treatment the nurses commence the administrative process for your cycle. If you decide to cancel your treatment before insemination then you will be required to pay a booking fee. If your treatment is stopped/cancelled during the tracking phase then you will be charged for the bloods and scans.

If you have any queries or concerns please contact the Nurses on (09) 630 9810 Ext: 3