

Intrauterine insemination (IUI)

Information for Patients and Partners



What is this leaflet about and who is it for?

This leaflet is produced to inform couples undergoing IUI (intrauterine insemination) treatment and what is involved.

Your consultant in clinic will inform you that intrauterine insemination would be the treatment of choice to be considered and refer you to Leicester Fertility Centre.

In due course an appointment will be arranged for you to see the nursing staff to discuss and plan your treatment at Leicester Fertility Centre

Why am I having IUI?

IUI is one of the simpler methods of assisted conception, which may be considered for suitable couples. The object of IUI is to introduce a quantity of semen into the female partner's womb and thereby encourage fertilisation.

IUI is used in the clinic when couples have unexplained subfertility. It may also be used when there are reduced numbers of sperm in the semen.

Careful preparation of the sample may enable us to retrieve enough sperm to fertilise the egg.

IUI may also be used for women who suffer with mild endometriosis, a condition where the lining of the womb is found elsewhere in the pelvis. IUI is also the next step for women who have had tablets or injections to help them ovulate (ovulation induction) and who have not got pregnant after six months of treatment.

What preparation is needed for IUI?

To ensure the best response to treatment and for your safety your BMI (body mass index) must be between 19 and 30. Your BMI is calculated by your body weight in kilograms divided by your height in metres squared. If your BMI is above or below these levels, you will be offered help and advice to reach the required weight before commencing treatment.

Screening blood tests are carried out on both partners for Hepatitis B and C, HIV and Syphilis.

A semen analysis will be carried out to ensure that the sperm can be prepared adequately for IUI.

What is the procedure?

Once you are ready to start your treatment you will be instructed to phone the Leicester Fertility Centre on (0116) 2585922 on Day 1 of your period.

Natural IUI

If you are having natural IUI you will attend the unit around day 10 of your cycle for a scan to check the lining of your womb and to see how many follicles (fluid filled cysts containing your eggs) are developing on your ovaries.

Clomid IUI

If you are taking clomid tablets you will commence your tablets from day 2 of your period until day 6 at the dose prescribed for you. You will then attend the unit around day 10 for a scan to check the lining of your womb and how many follicles (fluid filled cysts containing the eggs) are developing on your ovaries.

Both natural and clomid IUI

The nursing staff will tell you when to start using the Ovulation Prediction Kit with the first urine sample of each day. On the morning you surge (two lines in the window) you are asked to phone the unit before 10.00am to arrange treatment (0116 2585922)

Gonadotrophin IUI

You will attend the unit on day 2-4 for a scan to assess your ovaries. You will be prescribed Follicle stimulating hormone (FSH) injections. These injections stimulate the ovaries to produce eggs.

You will attend again after 6 days and then on alternate days for scans. If you are not responding to the injections, then your dose may be increased– you will be advised of this when necessary.

Once your ovary is ready to produce an egg, you will be given an injection (hCG) to release this egg. This takes about 36-44 hours to work. You will then be advised when to attend for your IUI.

It is better to abstain from sexual intercourse for two to three days before your IUI so that the sperm sample is of good quality.

What happens next?

Insemination treatment involves a speculum being inserted into the vagina, the neck of the womb (cervix) will be visualised, and a fine tube (catheter) will be passed through the cervix into the uterine cavity and the sperm will be expelled along the catheter into the womb.

You may experience some mild cramp pains, and you will be advised to remain on the bed for a few minutes, then you will be allowed home.

One week after the insemination you will be required to have a blood test to check that you ovulated.

If you get a period, you should contact the unit to arrange your 2nd cycle of IUI or an appointment to discuss your next treatment options.

If you don't get a period and have a positive pregnancy test, contact the unit to arrange a pregnancy scan.

What risks are involved?

IUI Procedure

There is no anaesthetic risk as no general anaesthesia is required.

Risk of bleeding as the catheter is being inserted into the womb.

Risk of infection

Risk of cervical shock (you may feel dizzy or become light-headed)

Medication

Clomid or Gonadotrophins may lead to more than one follicle developing and you are therefore at risk of a multiple pregnancy. If you are producing more than 2 follicles your treatment will be halted to reduce this risk.

Clomiphene (side effects)

Hot flushes, abdominal discomforts, headache, and irritability.

Double vision –this is rare, but you must contact the clinic if it occurs.

OHSS – (see gonadotrophin side effects below)

Gonadotrophins (side effects)

Headaches, injection site reactions (pain, redness, bruising)

Nausea, vomiting, diarrhoea, abdominal discomforts, and bloating.

Ovarian hyperstimulation OHSS – this occurs when there are too many follicles produced in the ovary.

Symptoms are:

1. Enlarged painful ovaries which hurt when you sit, bend, or walk.
2. Breathlessness, puffiness of ankles, bloated tummy, weight gain.
3. Persistent headache, dizziness, drowsiness, severe malaise.
4. Reduced urine output.

If you develop any of these symptoms, then you should contact the Fertility Specialist Nurses on (0116) 258 5922.

Is there an alternative treatment?

The upper age limit for IUI for NHS funded patients is up to age 40 and the upper age limit for self-funded patients will be dependent upon an assessment of your ovarian reserve. We recommend up to 3 cycles of IUI for couples with the diagnoses already mentioned. If this is not successful, the next step is move onto IVF (*in vitro* fertilisation). Funding of treatment depends upon the Clinical Commissioning Group for the area you live in.

Couples who choose not to have IUI and progress straight to IVF will not be permitted to be offered NHS funded IUI if IVF fails.

What follow-up care is available?

We understand that this is a very difficult time for you emotionally. Should you wish to access any supportive counselling regarding your treatment or your fertility you may contact the counsellors on 0116 258 5922.

Our commitment to patients

We are constantly striving to improve our services to patients and we will welcome your comments or suggestions for improvement.

Leicester Fertility Centre Contact Details

Tel: 0116 2585922

E-mail: LFCinfo@uhl-tr.nhs.uk

Website: www.leicesterfertilitycentre.org.uk

Useful addresses

Human Fertilisation and Embryology Authority: www.hfea.gov.uk

NICE guidelines: www.nice.org.uk

NHS - Response line: 111.nhs.uk / 111

NHS - Smoking helpline: 0300 123 1044

Fertility Network UK: www.fertilitynetworkuk.org / 0121 323 5025

Do you feel that you are at risk of verbal or physical abuse? If so, you may find the following numbers useful:

United against violence & abuse (UAVA)

Helpline: 0808 802 0028

Email: info@uava.org.uk

Text support: 07715 994 962



This information was correct at the time of printing. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not be reflected in the guidance and you should discuss this with the clinical staff at the time of your appointment.

Questions

If you have any questions write them down here to remind you what to ask when you speak to your consultant.



Today's research is tomorrow's care

We all benefit from research. Leicester's Hospitals is a research active Trust so you may find that research is happening when you visit the hospital or your clinic.

If you are interested in finding out how you can become involved in a clinical trial or to find out more about taking part in research, please speak to your clinician or GP.

If you need information in a different language or format, please call the number(s) below or email equality@uhl-tr.nhs.uk

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

0116 258 4382 or 0116 250 2959