

## Intrauterine Insemination (IUI) Information Sheet.

**Patient Information:** This is an overview of a typical intrauterine insemination process. Please note that all decisions about steps in your personal treatment will be taken by your qualified fertility specialist and that this information is not to be used as medical advice.

**What is an intrauterine insemination?** An intrauterine insemination is a simpler and less-invasive treatment option, where we help a sample of carefully selected sperm to reach the uterus. IUI is often one of the early steps in your assisted conception journey.

**Step 1: Ovulation induction:** As a woman, you are prescribed hormone treatment, either as oral medication or in the form of daily injections that you will administer yourself. The drugs optimise your cycle, and they stimulate your ovulation.

**Step 2: Semen Sample:** At the fertility clinic, the man's semen sample is collected and analysed. The process includes the selection of the most optimal sperm in terms of strength and motility. The concentrated semen sample is then prepared for the artificial insemination.

**Step 3: The insemination:** *The procedure is timed depending on your cycle, and usually is not experienced as painful. On the day of the procedure, the prepared semen is inserted into your uterine cavity. Your specialist may prescribe progesterone to support the final stage of your cycle.*

**Step 4: Pregnancy test:** At a time indicated by our specialist, you will perform a pregnancy (blood) test.

**How is the procedure performed?** For a transvaginal (internal) ultrasound scan, once you have emptied your bladder, we will ask you to undress completely from the waist down and cover yourself with the sheet provided. If you are wearing a skirt/dress, you may prefer to just remove your underwear. You will be asked to lie on your back on the ultrasound couch and position yourself in a way that allows the scan to be performed easily. This will involve raising your knees and placing your legs in the stirrups.

The doctor will use a catheter (thin tube) to place the washed sperm directly in the uterus (womb). With this method, sperm bypasses the vagina and cervix, giving it a "head start" on reaching the egg to fertilize it.

**Who will conduct the intrauterine insemination procedure?** Dr Myran Ponnampalam is specially trained in conducting the procedure.

**Fees:** All IUI procedures conducted by Dr Myran Ponnampalam will have an Out-Of-Pocket charge of \$250.

