



Intrauterine Insemination (IUI)

Intrauterine insemination (IUI) is the placement of washed sperm into the uterus at the time of ovulation. The sperm is washed in order to increase its motility. Also, abnormal sperm, excess fluid in semen, bacteria and debris are removed. Washed sperm are more motile and, therefore, more likely to be able to fertilize an egg. In addition, by placing the sperm directly into the uterus, the distance that the sperm need to travel to reach the egg is decreased. This is especially helpful if the male partner has a low sperm count or motility on his complete semen analysis. Other indications for IUI include unexplained infertility, lack of a male partner or coital difficulty.

By placing this concentrated sample of sperm directly into the uterus, there is no need for abundant cervical mucus. Some women have scant or absent cervical mucus which can prevent sperm from being able to travel through the female reproductive tract in an effort to achieve a pregnancy.

Ideally, the male partner should abstain for two to five days before the insemination. The semen is collected via masturbation in a sterile container that we provide. The sample can be collected at home as long as it is brought to the office within one hour of production on the day of the insemination. Alternatively, the sample can be collected in the men's restroom at the office.

Timing of the insemination is based upon when the woman will ovulate. This is determined by when she took her hCG injection. Usually, ovulation occurs 36 to 40 hours after the hCG shot. Alternatively, ovulation can be determined using a urinary ovulation predictor kit.

The sperm preparation is performed in the office laboratory and takes approximately thirty minutes. The insemination procedure itself takes a few minutes and should not be painful. It feels similar to getting a Pap smear test. After the insemination has been performed, you will be asked to lie on the exam table for an additional five minutes. Then you can get up and resume your normal activities.