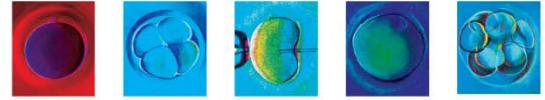


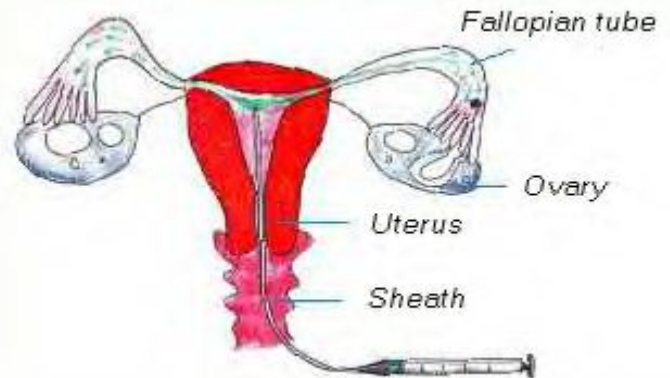
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FERTILITY FACT SHEET

San Ramon / Orinda / San Jose

Intrauterine Insemination (IUI)



Intrauterine insemination (IUI) is the process of preparing a sperm specimen to concentrate the most active motile sperm for placement into the uterus.

IUI is often recommended for women or couples who:

- have mild male factor infertility
- have cervical factor infertility
- are unable to have intercourse with ejaculation into the vagina
- are using frozen sperm (Partner or Donor)
- have unexplained infertility
- have failed other treatments, such as clomiphene alone

In many cases, IUI is performed in natural cycles without the use of any fertility medications. The use of fertility medications along with the IUI treatment depends on the diagnosis and the female partner's age.

The IUI Process

Before placing the sperm specimen into the uterus, it is necessary to separate the sperm cells from the seminal fluid. This fluid can be irritating to the uterine lining and cause severe cramping and/or an allergic reaction. During the separation process most of the active, motile sperm are concentrated into a special nutrient media which separates them from dead sperm, cellular debris, and bacteria.

It is optimal for the male partner to abstain from ejaculation for 3 to 5 days prior to the anticipated first specimen collection for IUI.

The sperm specimen may be collected at home and brought within 45 minutes to the Andrology Laboratory or can be collected at the Laboratory in a private room. The laboratory will then perform a sperm count and motility evaluation on the specimen and prepare the sperm for insemination.

Typically, the sperm preparation procedure takes about two hours. Once the specimen preparation is complete, the patient picks up the specimen from the Laboratory and brings it to the office for the IUI procedure.

The IUI procedure itself is conducted on an outpatient basis. A speculum exam, similar to a gynecological examination, is performed and a catheter is introduced through the cervix into the uterus (a plastic tube 1.5 mm in diameter). Half a milliliter of the sperm concentrate is then injected into the uterine cavity. The patient then waits for 15 minutes later before leaving the office. The IUI procedure is usually painless. Some inseminations are accompanied by cramping, but this is usually mild and short lasting. Some patients will experience vaginal spotting or staining after an IUI.

The patient may resume her usual activities following the IUI procedure.