



Patient Information and Instructions for Intrauterine Insemination

1. Your physician monitors your cycle and informs you when you are ready for insemination.
2. You will be advised by your physician of the best date for the procedure based on your blood work & ultrasound results.
3. Your physician may give you a trigger shot to induce ovulation the day before your insemination if determined necessary.
4. Please ensure that the clinic has the correct contact information to reach you. Please check your voicemail daily for any cycle related or insemination booking instructions.

On the day of the Insemination:

1. Please arrive at the clinic between 7:00 - 9:30 am Mon - Fri, or 8:00 to 10:00 am Sat - Sun. On Sundays buzz in by pressing #20 at the entrance to the building. Please note that it can take 1-1.5 hours to prepare the sample for the procedure - please arrive early to account for the wait time.
2. If you have not paid for your procedure please pay for it upon arrival. The Andrology Department will not process the sample until payment is made.
3.
 - a. If you are using **your partner's sample**, your partner needs to go to the Andrology Department upon arrival at 7:00am (or 8:00am on weekends) to produce the sperm sample on each day of insemination. Once the sample is produced, he may either leave or stay for the procedure. It takes **1-1.5 hours to process the sample.**
 - b. If you are using **your partner's fresh sperm and he is producing at home**, the sample must be stored in a sterile container given to you by CReATe the day before with patient's information label attached to the container, and brought to the Andrology Department within 45 minutes of production. Please keep the sample at body temperature.
 - c. If you are using your **partner's frozen sperm or donor sperm**, please go straight to the Andrology Department upon arrival and ask them to thaw your sample (Unless you are instructed otherwise by your physician).
4. Unless instructed otherwise by your physician, please complete blood work & ultrasound on the day of the insemination.
5. Your physician or a trained registered nurse will perform your procedure.
6. The procedure takes several minutes & you will be asked to remain in the insemination room for 10-15 minutes post procedure before leaving the clinic.
7. You will be instructed when to return to the clinic for another insemination or for the pregnancy test.
8. If applicable, your physician or a registered nurse will review any prescribed medication instructions to be taken after the insemination.

Occasionally, your doctor may put a cervical cap in place after the procedure. Please follow your physician's instruction regarding removal of the cap.

After the procedure you may experience mild abdominal cramping, spotting or discharge. If you experience foul smelling discharge, fever, heavy bleeding or any other concerning symptoms, please contact the nurses by calling 416-323-7727 x 2329 or emailing cyclemonitoring@createivf.com. It is safe to take Tylenol after procedure for cramping.