Clomid or Letrozole Ovulation Induction with Intrauterine Insemination

**Typical Indications:** Unexplained infertility  
**Usual Number of Visits:** 4 – 5 per cycle  
**Typical Procedures:** Ultrasound (3 – 4), intrauterine insemination (IUI)  
**Typical Medications:** Clomid or Letrozole, Ovidrel

**Description**

→ You should call on the **FIRST** day of your menstrual cycle to set up a baseline ultrasound on Cycle Day 2 – 5 to examine your ovaries.  
  - If the first day of your cycle is on a weekend, please call the clinic at 8 a.m. on Monday to make an appointment for later that day or Wednesday.  
→ You will then start Clomid or Letrozole on Cycle Day 3 – 5 for 5 days.  
  - You will take the medication at night.  
  - You will typically return in about 7 days for a follow-up ultrasound to see if the medication worked properly.  

**At that visit there are three possibilities:**

1. **Too many follicles have developed:** We will ask you to refrain from intercourse as there is a high risk of multiple pregnancy.  
2. **No follicles have developed:** If the ovaries do not show activity, we will rescan you in a few days to look for follicular growth.  
3. **An appropriate number of follicles have developed:** You are typically seen every 2 – 3 days until the largest follicle reaches an appropriate size.  
   a. You should start frequent intercourse and **check an LH surge kit every morning** starting on the day of your first follow-up ultrasound.  
   b. If your LH kit is positive, you should call **THAT MORNING** so we can perform an IUI the **NEXT MORNING**. If it is during a weekend, please call the after-hours number provided to have the on-call doctor paged so that we can prepare the team for the next day.  
   c. When the largest follicle reaches an appropriate size, we will ask you to inject yourself with Ovidrel either during the morning or evening and perform the IUI **about 24 or 36 hours later**, respectively.

**Intrauterine Insemination**

Please refrain from intercourse 24 hours prior to the IUI. Get a sample cup for semen when you are in the clinic. The sample should be brought to our clinic within 60 minutes* of being produced. Once we receive the specimen, it takes about 45 minutes to process before it is ready for IUI.

*If the sample is kept close to body temperature, the acceptable limit is 60 minutes. If you are more than 50 minutes away, the specimen may be produced in one of our clinic rooms.
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After Intrauterine Insemination:

1. If, after IUI, 18 days have passed without a period and with continued negative pregnancy tests: You should call to schedule an evaluation.

2. If you have a period: You will call on the FIRST day to schedule a baseline ultrasound if you wish to perform another cycle.

3. If you are pregnant: You should call the clinic to let us know and we will order hCG blood tests to confirm the viability of the pregnancy and to schedule an ultrasound 4 weeks after the insemination.