Natural Cycle with Intrauterine Insemination

**Typical Indications:** Low sperm count, same sex couples with donor sperm  
**Typical Number of Visits:** 1 per cycle  
**Typical Procedure:** Intrauterine insemination (IUI) around time of ovulation

**Description**

With this particular cycle, you do not require any medication or ultrasound monitoring.

- Starting on Day 10 of your cycle, you need to use an ovulation (LH surge) prediction kit every morning to check for ovulation.
- When it becomes positive, you should call our office THAT MORNING to schedule an IUI for 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.

**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.

**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 are not pregnant and have a period:* Please let us know and start the process again.
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.