

The Center for Advanced Reproductive Services 2 Batterson Park Road, Farmington

Instructions for a Donor Sperm Intrauterine Insemination cycle using an Ovulation Predictor Kit for Timing (rather than daily bloodwork)

1. Please **call** your primary nurse on **CYCLE Day 1** or 2 of your menses if you are planning to have an insemination. Call 860-321-7082 or 844-467-3483 for our Farmington office, 860-525-8283 for our Hartford office, 203-481-1707 for our Branford office and ask to leave your primary nurse a message. If you call over the weekend, your call will be returned on Monday. ****Please confirm** with your nurse that your consents are up to date, as the sample **will not** be thawed without the proper consents.
2. **You MUST notify** your financial Service Representative of cycle start for insurance pre-certification by calling the office at the number above and ask to leave your FSR a message.
3. There are many **Ovulation predictor kits** available on the market (test for the urine LH surge which occurs 18-40 hours prior to ovulation. We recommend the "**Clear Blue Easy, Easy Read**" Ovulation kit with the Smiley Face Indicator (looking for the **solid smiley face** that is no longer blinking).
4. Ovulation testing should start on Cycle day #10 unless otherwise instructed by your nurse or physician. This includes natural cycles or if you are taking Clomid or Letrozole on cycle days 3-7. If you are taking the medications on cycle days 5-9 you would start testing on cycle day 12.
5. Test **ONLY ONCE** per day in the **LATE AFTERNOON OR EARLY EVENING**, regardless of the instructions on the kit. Limiting your fluid intake for 2 hours prior to testing will enhance urine LH concentration.
6. **If you DO NOT EXPERIENCE A COLOR CHANGE (POSITIVE SMILEY FACE RESULT) AFTER 5 DAYS OF TESTING**, please call the office at the numbers listed above to speak to your nurse.
7. **If your kit shows a positive result/solid smiley face (weekdays, or weekends except major holidays), you will be inseminated the next morning in our FARMINGTON office. Call our DEDICATED Insemination VOICE MAIL LINE at 860-470-3451 the evening of your positive result.** This is our DEDICATED VOICE MAIL LINE FOR INSEMINATION NOTIFICATION ONLY. **DO NOT LEAVE ANY OTHER MESSAGES ON THIS LINE.** Your message should include: your **name, date of birth**, and the **last four digits** of your social security number. **ALSO**, please state that you will be using donor sperm and that you have had a color change and that you will be coming in the next morning for an IUI. The office will call you in the morning and let you know if you are scheduled for 11:00 or 11:30a.m.
8. **Abstain from intercourse** (if you have a male partner).
9. Please arrive on the second floor of our 2 Batterson Park Road office in Farmington at scheduled time.

Please remember that IUI's are NOT done on the major holidays (Christmas Day and New Year's Day). Please contact your nurse for instructions around these holidays.