

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

Instructions for an Intrauterine Insemination cycle using an Ovulation Predictor Kit for Timing

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 or 860-525-8283 for our Hartford office, or 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.
2. 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/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. You will be scheduled for an ultrasound and blood work the next morning.
7. **If your kit shows a positive result/solid smiley face (weekdays, or weekends except major holidays), you will be inseminated the next morning. Call our DEDICATED Insemination VOICE MAIL LINE at 860-470-3451 the Farmington office, 860-525-6958 for our Hartford office, or 203-481-1707 ext. 8304 for our Branford office 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, last four digits of your social security number AND please leave the same information for your partner and indicate that you have had a color change. 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.**
8. The office will call you the following morning to let you know what time your IUI will be and what time your partner will drop off his sample
9. If your partner is **using frozen sperm**, please mention that on the message **so that the paperwork will be properly prepared for you appropriately.**
10. **Abstain from intercourse** if your partner's fresh sperm is being used to optimize sperm quality for the morning of collection.
11. If your partner is producing at home: On the morning of the insemination, he must bring the sample within one hour of production. This drop off time will be scheduled the morning of the IUI. He will drop off the sample to the first floor and show ID. The semen sample must be kept UPRIGHT AT ALL TIMES, at "body temperature" (for example, tuck the container into your shirt/jacket). **Please remember, Female Partners are NOT allowed to bring in their partner's samples.**

If your partner is producing at The Center: He will be scheduled the morning of the IUI.