

A close-up photograph of a man and a woman smiling warmly at each other. The man, on the left, has a beard and is wearing glasses. The woman, on the right, is smiling broadly. The background is softly blurred. A dark teal curved shape is overlaid on the bottom left of the image, containing text.

FERTILITY

Patient guidance

3. IUI insemination treatment in spontaneous cycle

IUI insemination treatment in spontaneous cycle

In connection with IUI insemination in spontaneous cycle, the sperm is inseminated directly into the uterus. In this way, we increase the number of sperm cells at the fertilisation site in the fallopian tubes. The insemination is done in the hours around the ovulation where the chance of pregnancy is greatest.

Insemination can be done either with your partner's sperm (IUI-H) or with donor sperm (IUI-D).

Insemination with a partner's sperm (IUI-H) is offered to couples where:

- The childlessness is unexplainable
- The man's sperm quality is mildly to moderately impaired
- The woman has irregular bleeding
- The woman has mild endometriosis

Insemination with donor sperm (IUI-D) is offered to:

- Single women
- Lesbian couples
- Couples where the man's sperm does not meet the requirements for fertility treatment

A prerequisite for insemination is that there is passage through the woman's fallopian tubes.

The procedure and course for insemination with donor sperm are the same as for insemination with your partner's sperm.

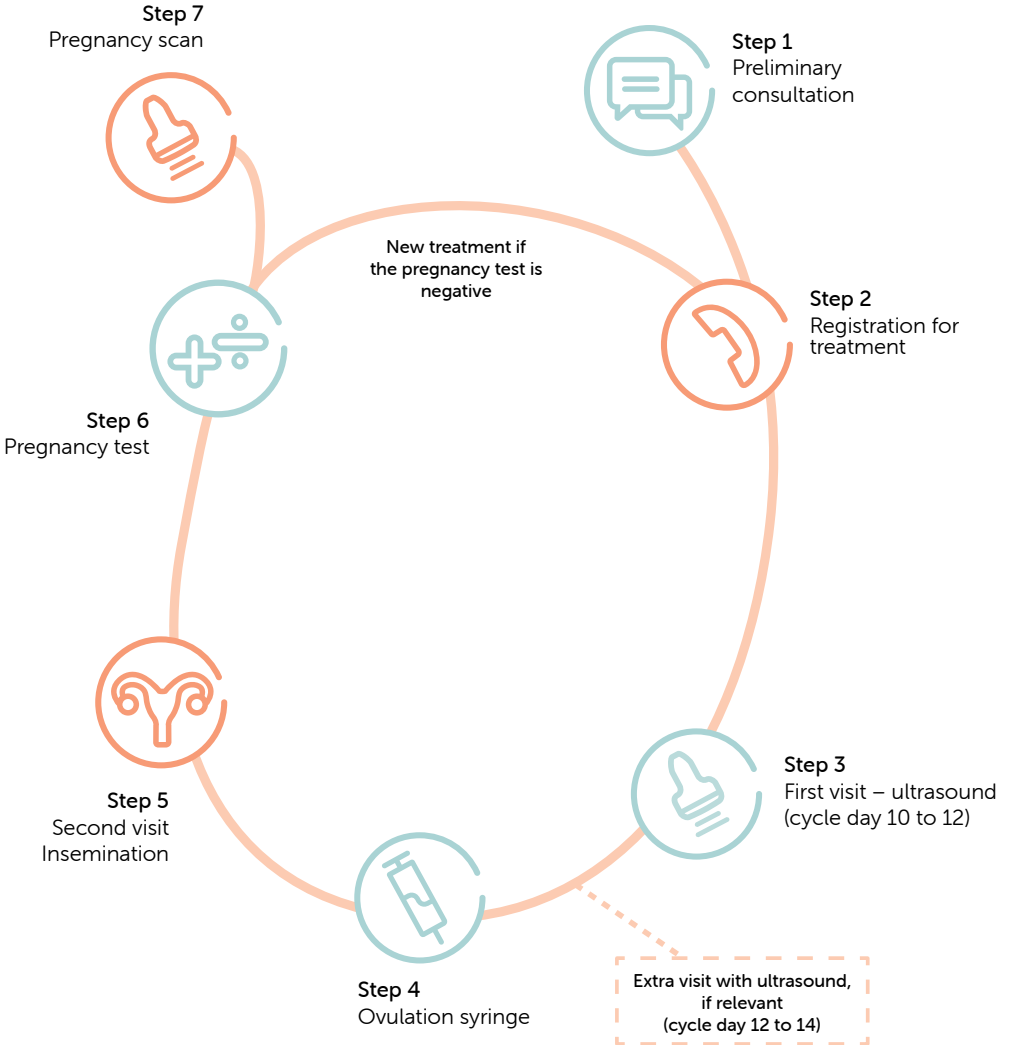
Course of your fertility treatment

On the next page you will find an overview of your fertility treatment with us. You should expect to make 2-3 visits to the fertility clinic.

Step 1: Preliminary consultation

You will first attend a preliminary consultation, at which we take the time to discuss your fertility treatment. An ultrasound scan is done of your uterus and ovaries, and we discuss your general state of health and ensure that you have undergone the necessary fertility review. On this basis, the doctor makes a plan for the optimal fertility treatment for you.

Course of your fertility treatment



Step 2: Registration for treatment

When you get your menstrual period, please contact us on telephone +45 3817 0740.

Visit www.aleris-fertility.dk for information about telephone hours.

Please provide us with information about:

- Your name
- Your civil registration (CPR) number
- The date of the first day of your menstrual period

We use the term first cycle day for the day on which your period has really started. You are given an appointment for an ultrasound scan on cycle day 10 to 12.

Step 3: First visit (cycle day 10 to 12)

You will have an ultrasound scan at the first visit. The number of follicles (egg sacs) and their size are assessed at this time. The size of the follicles is essential to when you should administer your ovulation syringe and when you are to arrive for insemination.

When the follicle has a diameter > 17 mm, we know that the egg is mature. Sometimes, you may need an appointment for an extra ultrasound scan.

If you have a partner who is to provide sperm for the treatment, you will be given a sperm cup.

Step 4: The ovulation syringe

When the follicles are mature, you will be instructed in taking the egg releasing hormone at the agreed time. The ovulation hormone completes the maturation of the eggs.

The injection is very important and must be administered at home at a very fixed time agreed with us.

Ovulation occurs within 36-40 hours of this injection. This is the period in which we perform the insemination.

Step 5: Inseminationen

The sperm sample – information for the man

The sperm sample and the accompanying form must be handed in on the insemination day by appointment.

On the form, you must fill in the following information:

- Name and civil registration (CPR) number of both you and your partner
- Date and time of sperm sample
- Your signature

You should avoid an ejaculation in the last 24 hours before the sample is taken. Prolonged abstinence does not improve the sperm quality.

The sperm sample is provided in the cup handed out to you. It is produced max. one hour before it is to be delivered. If you have a long journey time, you can produce the sperm sample in the fertility clinic.

It is important that the sample does not contain impurities and perfume. The sample must be provided by masturbation. During transport to the fertility clinic, the cup containing the sperm sample should be kept very close to the body, directly on the skin, so that it stays warm.

Upon receipt of the sperm sample, we check that the information on the sperm cup matches that on the supplied form.

In the laboratory, the sperm cells are separated from the sperm fluid and purified before insemination. This ensures that the fertilisation is done with the best sperm cells.

In the last 8-10 weeks prior to the insemination, you should avoid hot baths and saunas, as heat can affect the sperm cells. Illness with fever may also have a negative impact on sperm quality. Therefore, you must inform us if you have been ill with high fever > 38 C within the past three months before the treatment.

It sometimes happens that there are problems producing the sperm sample.

If you know that this is a problem, talk to us about it beforehand. We can then agree on how to find a solution.

Sperm donor

If a sperm donor is to be used in your treatment, we refer to separate patient information on the choice of sperm donor.

How is insemination in the uterus done?

The uterine mouth is washed with sterile water, and a thin catheter with the purified sperm is inserted up through the cervical canal and up into the uterine cavity. The insemination is usually completely painless and takes only a few minutes.

Step 6: Pregnancy test

15 days after the insemination, you must yourself take a urine pregnancy test. You must call us about the test result on the agreed telephone number and at the agreed time.

If the urine pregnancy test is positive, you must have a blood test done to measure the pregnancy hormone.

You can choose to have the blood test done with us or with your own doctor. If your own doctor does the blood test, please inform us of the result.

Positive pregnancy test

If the test is positive, you will be given an appointment for a pregnancy scan.

Step 7: Pregnancy scan

We perform a vaginal ultrasound scan approximately three weeks after a positive pregnancy test. You will then be seven or eight weeks pregnant.

The doctor checks for heart flashes and number of foetuses. By measuring the foetus from head to tail, the age of the foetus can be calculated and a future due date for the expected birth can thus be set.

You may choose to have a pregnancy scan done near your home if this is easiest for you.

If everything appears to be in order, you will receive information about the further course.

The fertility clinic collects information about the individual courses of pregnancy and childbirth to get an overview of the fertility clinic's results, which must be reported to the Danish Health Data Authority.

After you have completed your pregnancy, please fill in a form about the course of your pregnancy and childbirth. You will be given the form in connection with the pregnancy scan. Please fill it in and send it to us after you have given birth.

How often can treatment be repeated?

We can normally repeat the treatment every month if you so wish. However, in some cases, the doctor will find that a month's break between the treatments is necessary.

What if pregnancy is not achieved?

If you have not achieved pregnancy after the agreed number of treatments, the further course of treatment must be discussed.

Possible side effects and complications

The risk of side effects and complications is very small in connection with insemination.

Pregnancy outside the uterus

In connection with insemination, pregnancy may occur outside the uterus in the same way as in a natural pregnancy.

If a pregnancy outside the uterus is suspected, and you experience pain and/or bleeding, you must contact the fertility clinic, your own doctor or call the medical emergency service on 1813.

Medicine: Effect and possible side effects

The ovulation hormone

The ovulation hormone helps complete the maturation of the eggs. It is taken once approx. 36-40 hours before the insemination. This may cause local irritation at the injection site.

General side effects of medicine

All medicine may cause allergic reactions. However, this is extremely rare for the hormone preparation used. Other symptoms may include redness, swelling, itching, fever and, in extremely rare cases, respiratory difficulties.

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www.aleris-fertility.dk

Telephone hours

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Opening hours

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3rd edition November 2023. Prepared by NESO/JPE. Will be revised
November 2026. Approved by the quality management

