

A thin plastic catheter places the washed sperm past the cervix. If the initial sperm motility is not normal, we will add to the washing process a reagent known to increase sperm motility.

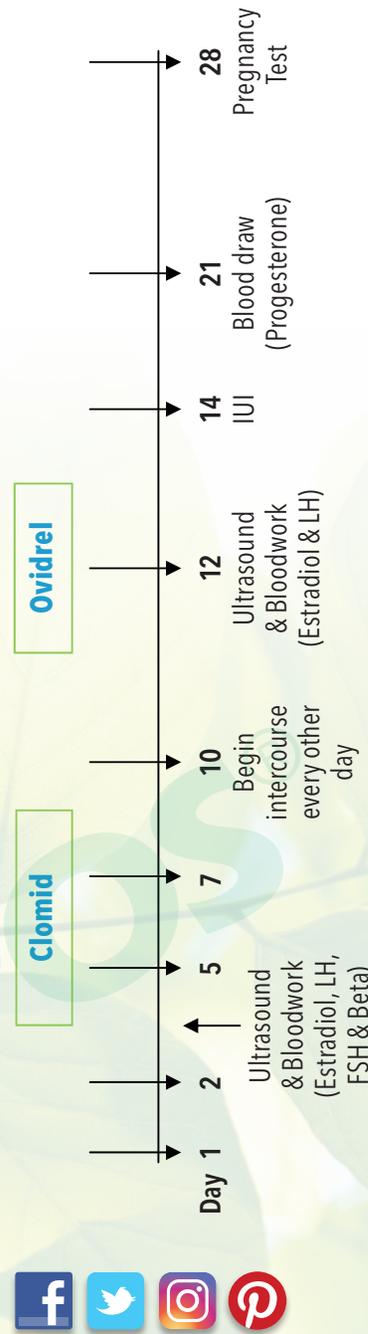
If you are planning an IUI, you will need to trigger the release of the egg(s) with a shot of Ovidrel medicine. The egg(s) release 36 hours after the injection. Depending on the size of your follicle(s), the shot may be given by our nurse at the time of your visit or, alternatively, you may be responsible for administering it at home (usually in the evening). IUI's are performed mornings 24 to 36 hours after the shot. **Your partner should plan to abstain from ejaculation 24 hours before collecting for the IUI specimen.**

Regardless of whether an insemination is planned, we recommend for most couples that they have sexual intercourse every 2-3 days beginning by cycle day 10.

What To Expect After Your Cycle

- Approximately **one week after ovulation**, you will need to get a blood test drawn at one of our offices or at your local blood-drawing station to check your **progesterone level**. This helps us assess the quality of your ovulation and determines if you need to change your dose in a future cycle.
- If you do not get a period by 16 days after your expected day of ovulation then you should call us to schedule a blood pregnancy test and progesterone level. You may, in addition, do a home pregnancy test for a rapid result.
- If you are not pregnant after 3 cycles we usually recommend that you make an appointment for another consultation in our office to discuss other treatment options available to you.

Typical Clomid/IUI Cycle Time Line



ORAL OVULATION MEDICATIONS



South Jersey
Fertility Center

A Division of Regional Women's Health Group, LLC

Let our family help build your family.

Reasons For Using This Treatment

- To induce ovulation in a woman who doesn't routinely ovulate on her own.
- To enhance fertility in a woman who is having trouble conceiving despite regularly ovulating on her own.
- To help time ovulation with sperm insemination therapy when indicated.

Success Rates

The effectiveness of this therapy depends on many factors, such as the age of the woman, the condition of her fallopian tubes, and the quantity of her partner's sperm. In general, the average pregnancy rate is **10-20% per try**. Not all women will ovulate with this treatment and not all those that ovulate will conceive. Usually 3 cycles constitutes a sufficient try with this therapy, but in some situations we will allow up to 6 cycles.

Side Effects

Side effects can occur with this medicine up to 10% of the time. They are usually mild and never life-threatening.

- Hot flashes
- Moodiness
- Nausea
- Headaches
- Breast tenderness

If you develop visual blurring or spots/flashes before your eyes, call us as you may need to discontinue the therapy in that case. The incidence of twins (7%) from the use of Oral Ovulation Medication is greater than in the general pregnant population (2%).

The use of Clomid or Letrozole for more than 11 cycles in a woman's lifetime is generally discouraged because such prolonged exposure was linked in one study to a higher risk of borderline ovarian tumors in future years.

Directions For Use

Our office will tell you what dose of Clomid or Letrozole to take. Take the dose every day for 5 straight days. If your dose is more than one pill per day, take them together once a day. Begin the pills on the 3rd day of your cycle (though if you have missed that "start day," you can begin them as late as day 5 of the cycle). **We count the first day of full flow (not just spotting) as "day one."** If your period seems odd, do a home pregnancy test or call our office before starting the Clomid.



When To Start Your Cycle

Call our office on the first (1st) day of your cycle to set up an ultrasound on day 2 to 5 to visualize the ovaries and obtain a blood draw for Estradiol and FSH. You will then be instructed to begin Clomid and an appointment will be set up for an ultrasound in our office to visualize the ovarian follicle(s). This is usually around day 12 or 13 of your cycle (See diagram on back). The ultrasound allows us to confirm that an egg-containing follicle has matured to full size and to see how many eggs might be released. Sometimes a second ultrasound visit is needed a few days later if the follicle is not yet full size. A blood draw is usually

necessary at each ultrasound visit to confirm follicle readiness by checking estradiol and LH levels. In the case of women who don't ovulate reliably prior to the treatment, approximately 80% will ovulate if taking up to 3 pills per day.

If there are no follicles larger than 10 mm at the first ultrasound (day 11-14), then we might have you initiate another 5-day course of Clomid or Letrozole at a higher dose right away without waiting for a period. In that case a repeat ultrasound will then be done one week later.

About The Use Of Ovidrel

We usually recommend that a **single shot** of Ovidrel (HCG) be administered when a follicle reaches mature size. This increases the likelihood of a good ovulation. It also helps pinpoint the optimal day for sexual intercourse or for the insemination.

About An IUI

An **intrauterine insemination (IUI)** is when we place the partner's washed sperm into the uterus. Our patients usually describe it as feeling similar to a pap smear. It takes only a minute but then you remain laying down for 10 minutes. We strongly recommend IUI for all patients except those whose infertility is likely due simply to ovulation problems. Even a non-ovulatory woman should have us do the IUI if she has failed to conceive despite 3 ovulatory cycles using oral ovulation meds. A patient can decline the IUI; however, the IUI treatment has been shown in numerous studies to increase the pregnancy chances for most types of patients. The IUI is done in the morning. **Semen** specimens should be dropped off **within 90 minutes** from collection or collected in any of our offices at 7:30 a.m. (8-8:30 for EHT office). The highly motile (swimming) sperm are concentrated in a washing process to eliminate components of semen that shouldn't ordinarily reach the uterus.

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