

## POST IUI INSTRUCTIONS AND INFORMATION

### Progesterone

Following ovulation, the ovary produces the hormone progesterone (*progesterone*, "in favor of gestation"). Progesterone is important in preparing the uterine lining to support a pregnancy.

- Take the progesterone supplement as prescribed starting the morning after your IUI (or the morning after the 2<sup>nd</sup> "timed" intercourse if not doing IUI's).

**Prometrium, 200 mgm capsule, twice a day vaginally** (this capsule is not taken by mouth, but is inserted vaginally)

**Crinone, 8% cream, one applicator vaginally daily**

**Endometrin, 1 insert, vaginally twice a day**

Continue this progesterone supplement until you have either a full menses or have a negative blood beta HCG test. If you are at all unsure about whether you are having a full flow, it is safer to continue the progesterone until a pregnancy test. If you are pregnant, you will continue the progesterone until **8 weeks from last menstrual period** (approximately equal to about 6 weeks from ovulation).

Please remember that progesterone supplementation like this may delay menstruation, so if you have a delay in menses or just have spotting, you should get a beta hCG blood pregnancy test before discontinuing medication. If the "beta" is negative, then the delay was probably medication related and when it is stopped, menses should ensue. If the "beta" is positive, continue the progesterone until we instruct you to stop.

Despite FDA label warnings about progesterone potentially being harmful when used in pregnancy, please be reassured the medications which we prescribe for you - Prometrium, Crinone, or Endometrin - are safe. The FDA is referring to synthetic 'progestins', not these formulations.

### Pregnancy Test

Please schedule a blood pregnancy test to be drawn approximately **15 days following the IUI. If day 15 falls on a Saturday, schedule your pregnancy test on the Friday before and if it falls on a Sunday schedule the test on Monday.** [DATE: \_\_\_\_\_] You may begin a full menstrual flow prior to the blood pregnancy test if you are not pregnant. However, we would like you to have the pregnancy test done if the bleeding is anything less than a full menstrual flow as some bleeding can commonly occur, even in early pregnancy.

## Pain Relief

It is common to experience mild to moderate cramping following an IUI. This may be due to the uterus reacting to the small volume of fluid placed within it. An additional source of cramping may be the release of eggs from the ovary. These symptoms will not decrease your chances of getting pregnant. You can take 2 plain **Tylenol every 6-8 hours** for the discomfort if you need. In the unlikely event that the pain is more severe, please call us.

## Planning Ahead

While many IUI cycles are successful, unfortunately many others will not result in pregnancy. It is for this reason that we frequently recommend more than one cycle. The disappointment of a negative cycle can be compounded by the uncertainty of not having a plan regarding subsequent treatment. If you do not already have a plan with your primary physician regarding further treatment, in the event that this cycle is unsuccessful we recommend a follow up discussion or visit with your doctor.

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***On behalf of all the staff at Shady Grove Fertility, we wish you the best of luck with this treatment cycle.***

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