

IUI TRIGGER INSTRUCTIONS

Day #1 - Trigger night: Give yourself the trigger shot anytime between 6 p.m. and midnight. The trigger medicine will either be called Chorionic Gonadotropin (brand names: Novarel, Pregnyl) or Ovidrel. Ovidrel is pre-mixed, in a syringe, and ready to use. Chorionic Gonadotropin comes as a powder that is diluted with 1 cc of the diluent. Both types can be given subcutaneously even though the package insert may not say so. **Schedule an appointment time for day # 3 (below) to drop off the semen specimen, (or, if collecting at our facility, a time for collection) as well as a separate appointment time for the actual IUI procedure.**

Day #2 - The following day after trigger: This is a free day! No medications, injections, blood work, or ultrasound. We recommend you abstain from intercourse on this day.

Day #3 - IUI day: See Instructions for Semen Collection below. The semen specimen is dropped off or collected on site - **a picture ID is required** from the male if collected on site, or picture ID of the partner if she is dropping off the specimen with attention as to whose specimen it is. **A picture ID is required** of the female prior to undergoing the IUI.

Day #4 - The day after the IUI procedure: Begin a progesterone supplement once or twice a day until your pregnancy test. This is usually Prometrium 200 mg. It is an oral pill that you insert **vaginally** twice a day (about 12 hours apart). If you do not have Prometrium, you may be using Crinone gel or Endometrin. If using Crinone, you will insert one applicator vaginally once a day. If using Endometrin, one insert is placed vaginally twice a day. If you are doing a natural cycle instead of using stimulation medications, your doctor may indicate that you do not need to take the progesterone supplement. The progesterone supplement prescribed by your physician is very effective when used vaginally and is safe when used during pregnancy. Continue the progesterone supplement until instructed to stop by your nurse.

Semen Collection Instructions

- Fresh semen specimens are to be collected via masturbation only, not via withdrawal during intercourse or oral stimulation. If the specimen can only be collected via intercourse, a special non-lubricated collection condom must be used. Collection condoms can be obtained from the office.
- The use of lubricants is prohibited as they may interfere with sperm motility.
- Rooms designed for specimen collection are available at our Rockville, Annandale, Columbia, Frederick, Fair Oaks, Leesburg, D.C., Towson, Bel Air, and Baltimore Harbor offices only.
- **We highly encourage you to collect your specimen at home and bring it to the office at the time we provide for specimen delivery.** Specimens collected “off site” should be delivered to our facility no longer than two hours after collection, and the container should be shielded from extreme hot or cold temperatures.
- If specimens are collected at home please obtain a sterile, dry polypropylene container with a lid prior to the day of the collection (a sterile urine specimen container is also acceptable). The containers can be obtained from the office or a pharmacy.