

COMPREHENSIVE INFERTILITY SERVICES
621 S. NEW BALLAS, SUITE 6005B
ST. LOUIS, MO 63141

PATIENT INSTRUCTIONS FOR IUI
(Intrauterine Insemination)

Please read these instructions carefully, we will be happy to answer any questions you may have. Keep in mind that, to get the best results possible, the semen specimen needs to be handled with great care. The quality of the semen sample depends largely on how it is collected and handled before it reaches the office. Please help us to provide you with the highest quality of care possible. Thank you!

1. **Abstinence:** Refrain from ejaculation for at least 24 hours and not more than 4 days prior to the IUI.
2. **Collection:** Empty bladder (urinate) prior to specimen collection. Semen can be collected directly into a sterile cup or by using a special non-toxic condom available at the Mercy Pharmacy. Lubricants of any kind must not be used. Be careful to close the container securely to prevent any loss of specimen.
3. **Labeling:** To ensure the proper identification and processing of your specimen, the container must be labeled by you before arriving at the office for your appointment. The following information must be written on the label and placed on the side of the cup (not the lid):
 - A. Doctor's name
 - B. Procedure to be performed (IUI)
 - C. Patient's name and birthday
 - D. Partner's name and birthday
 - E. Time of collection
 - F. Days of abstinence
4. **Handling:** Sperm is very temperature sensitive. To preserve the viability of the sperm and maximize the chances of conception, you must keep the specimen as close to body temperature as possible. Keep specimens away from direct sunlight, heat and cold. Keep the specimen near your body under your clothing. Have the specimen at the office for processing and insemination within 2 hours of collection.
5. **Timing:** Plan ahead for your IUI. Since specimen processing takes approximately 1/2 hour, arrive at the office 1/2 hour early so that you may keep your appointment on schedule with the doctor. If you plan to collect your specimen here at the office, plan to arrive 1½ hours prior to your appointment time with the doctor.