

Guide to *Your* Intrauterine Insemination (IUI) Cycle



Introduction

Cette information est aussi accessible en français

This guide is intended to help you along the way and to ensure you have the right information at the right time. Nurses and physicians are available to talk with you regularly during your treatment and will provide additional instructions as needed. Here is some basic information for you to remember.

Key Numbers to Remember

General Number

Report Day 1 to start treatment, pay fees, treatment billing enquiries

Clinic Nurse - Responds to all questions during treatment

Treatment follow-up appointment scheduling/changes

Medical Emergencies (7:30am – 3:00pm)

Medical Emergencies (after hours) Ask for the IVF physician on call or go to the emergency department of the nearest hospital.

Clinical Director (Danielle Dubois, RN)

Health Psychologist (Dr Patricia Gervaise)

Green Valley Pharmacy

Phone/Ext

(613) 686-3378

Ext. 201

Ext. 617

Ext 208

(613) 686-3378 ext 9

(613) 722-7000

Ext. 613

Ext. 315

(613) 688 – 5069

Your Medications

- Gonal F (injection)
- Puregon (injection)
- Luveris (injection)
- RepronEX(injection)
- Cetrotide(injection)
- Serophene (oral)
- Femera (oral)
- Tamoxifen (oral)

- Ovidrel (injection)

Other Resources

Website: www.conceive.ca

Online forum: www.ofconnect.ca

Fertility Matters Support Group: Ottawa.infertility.liason@gmail.com

Hours of Operation

Clinic

Weekdays

7:00 – 3:30

Weekends

By appointment only

7:30 – 3:00

Pharmacy

7:30 – 3:30

8:00 – 11:30

Like you, we celebrate the joy of children. However out of respect for the sensitivity of those attending our centre as well as for safety reasons, we kindly ask that you make childcare arrangements when attending appointments at the Centre.



OTTAWA FERTILITY CENTRE
CENTRE DE FERTILITÉ D'OTTAWA

955 Green Valley Crescent, Ottawa, Ontario K2C 3V4
Tel. 613-686-3378 | Fax. 613-225-9736 | www.conceive.ca

Book an appointment with your physician to sign consents for your IUI treatment

You (and your partner) **must read the handouts** given to you by your physician **prior to attending the consent visit**. During the consent visit, your physician will review the treatment plan and any adverse effects or risks of treatment. Please review all of the following materials **before you sign consents**:

- Superovulation Information Sheet (if applicable)
- IUI Information Sheet
- Information Sheet on “Consent to Use” Regulations
- Risks Associated with Twin Pregnancies
- Patient Consent Form

For patients using donor sperm, please also read:

- Therapeutic Donor Insemination Information Sheet
- Donor Sperm Ordering Information
- Donor Sperm Storage Agreement

Wait for the clinic to contact you

Once your physician has received all of your results and has written your IUI treatment orders, your chart will be forwarded downstairs to the clinical team. If using donor sperm, you must ensure the specimen is onsite and processed by OFC lab staff (approx. 2 weeks) prior to starting treatment.

If you are on an **unstimulated** cycle, one of our receptionists will email you information for planning your treatment cycle. Follow the instructions in the email to ensure you know what to do next.

If you are on a **stimulated** cycle, one of our receptionists will email you our online SO/IUI Educational Videos, which are also available on our web site under the ‘Patient Resources’ tab at www.conceive.ca. Follow the instructions in the email to ensure you know what to do next. You will need to review injection teaching videos for the medications your physician has checked off on the front of this Guide. If you do not know which medications, please ask.

If you have not received any information within 2 weeks, please call your physician’s office.

Call the clinic with your next ‘Day 1’ to start treatment

Now that you have completed the online education session and injection training (*if applicable*), you may call the Clinic on ‘Day 1’ of your next menstrual cycle. An administrative staff member will ask you to pay the remainder of the fees owing before your treatment can start. Once your fees are paid, a nurse will call you back within 24hrs.

The nurse will:

- Confirm you participated in the online education and injection teaching sessions (if applicable)
- Confirm your travel history to ensure you are not at risk for travel-related illnesses (ie: such as Zika)
- Inform you of your medication start date and dosage (if applicable)
- Ensure you have donor sperm units on-site and ready to use (if applicable). Donor units are not considered ready to use until they are processed by our lab. This could take 1-2weeks after the shipment arrives.
- Ensure partner sperm (fresh or frozen) will be available for the estimated IUI date (if applicable)
- Book your first set of treatment appointments as required or instruct you on your use of the ovulation detection sticks
- Send your prescription for treatment medications to the pharmacy & confirm with you details for pick-up (if applicable)

Start Medications & Monitoring

- ❑ **For patients who are NOT on medications:** You will either use an ovulation detection kit or come for blood work and ultrasounds. Your physician will advise you which method you will follow at the time of IUI Consents.
- ❑ **For patients who are on oral medications:** The nurse will review medications with you when you call with your 'Day 1'. Take the medication as instructed by your physician and dispensed by your pharmacist. The nurse will tell you how to properly detect ovulation for your cycle.
- ❑ **For patients who are on injectable medications:** Our physicians will begin to monitor your treatment cycle once you start daily injections. A nurse will schedule you for each blood test and vaginal follicle tracking ultrasound (called monitoring) over the next one to two weeks. We recommend that you record dates and times of your appointments on your treatment schedule which we will provide to you. Each monitoring visit will take place between 7:00am & 9:30am. If you are coming for a blood test only, please arrive Mon-Fri between 7:00 and 9:30am, and on weekends/holidays between 7:30am-9:30am. We recommend that you eat breakfast first.

Insemination (IUI) Day

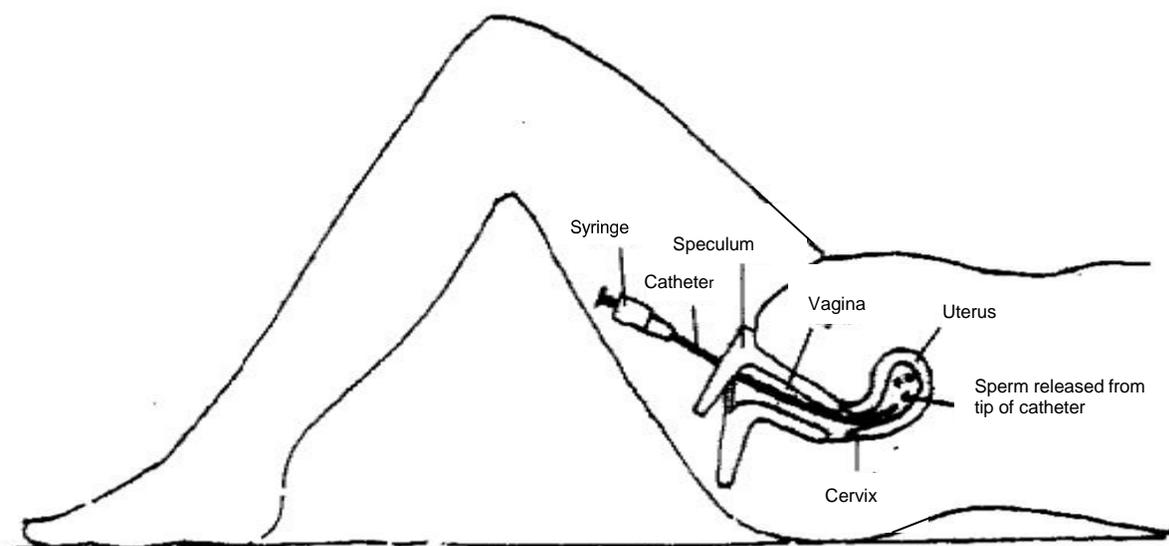
Your insemination procedure will be booked by a nurse. It is important that you **arrive on time** for your IUI procedure appointment. If using partner sperm, the male will be given a specific time to attend the clinic to produce his sample, usually between **7:30am and 8:30am**. If using donor sperm, you will need to check-in 30min prior to your IUI appointment in order to meet with the lab prior to the thawing of the specimen.

A nurse will complete the IUI.

After the IUI procedure, you will remain lying down for 15min after which you may resume your daily routine. Before leaving the clinic, confirm with the nurse whether or not additional medications have been ordered for you.

The nurse will give you a card with the date of your follow-up pregnancy test, approximately 17 days post IUI. If your cycle is unsuccessful, you may call the clinic with your next 'Day 1'. If on injectable medications, waiting one month in between treatment cycles may be required. The nurse will discuss this with you when you call with 'Day 1'.

You should have a follow-up appointment with your physician's office after 3 unsuccessful IUI attempts or as discussed in advance with your physician. To schedule a follow-up appointment with your physician, contact ext 208.



Communicating with the Clinic during your treatment cycle

Many people are involved in your care so it is important that we make it easy to communicate with the clinic. Here are some guidelines:

- Call ext. 617 to reach a nurse during treatment for treatment-related questions.
- At each appointment, leave a contact number at the reception desk. A clinic nurse will always contact you after “bloodwork only” appointments & only if there is a change to your plan after ultrasound appointments.
- If you are using the ovulation detection sticks during treatment, contact the clinic nurse ext. 617 with a positive result or the absence of a positive result after 7 days of testing.
- For medical emergencies, please use the contact numbers listed on the first page of this guide.
- Call your physician’s office for any medical questions unrelated to your IUI treatment.
- For your pregnancy, you must arrive between 7-9:30am for same day results. A nurse will call you by 3:30pm with your results.

Fees

A complete fee brochure is available. All fees are paid when you call with your ‘Day 1’ to start treatment. Refunds are processed by the 8th of the month after treatment and are made using the same method of payment. Any fee related questions can be directed to our Clinic Services Administrator at: billing@conceive.ca

Please ensure you understand all applicable or potential fees associated with your treatment plan. Medications are always separate from any OFC fees and it is encouraged you check with either your pharmacy or the on-site Green Valley Pharmacy regarding your insurance coverage prior to starting your treatment.

If you are an Ontario resident with valid OHIP you may be eligible for funded IUI services under the Ministry of Health (MOH) Funded IUI Program, a separate signed consent form is required.

Questions or Comments about Fees

Once fees are paid, an invoice will be **e-mailed** to you. If you prefer, you may pick up the invoice or have it mailed.

Feedback.

Let us know how we are doing. Feel free to talk with one of the physicians or nurses if you have questions or concerns. You can also contact Danielle Dubois, Clinical Director at ext 613 (ddubois@conceive.ca)

Remember...

Your IUI cycle can be stressful. Here are some resources to help you along the way:

- Dr Patricia Gervaise, an independent reproductive health psychologist who works at the Centre. Call extension 315
- Fertility Matters Support Group at Ottawa.infertility.liaison@gmail.com held at Ottawa Fertility Centre
- OFC Web Site at www.conceive.ca or our online forum at www.ofcconnect.ca
- Fertility Matters – Canada’s fertility resource www.fertilitymatters.ca
- Resource providing current, professional, and reliable information about fertility: www.myfertilitychoices.com
- Single Mothers by Choice: <https://groups.yahoo.com/neo/groups/SMC-Ottawa/info>
- LGBT2SQ Parenting Network: <http://lgbtqpn.ca/>
- Canadian Fertility & Andrology Society: <https://cfas.ca/>