

The Center for Advanced Reproductive Services 2 Batterson Park Road, Farmington

Timing, Planning & Arranging for Intrauterine Inseminations using an Ovulation Predictor Kit

IUI (Intrauterine Insemination):

1. Please call primary nurse on Day 1-2 of your menses, as soon as you initiate any type of cycle in which you will have an insemination, includes an IUI (with or without medications). Inform the nurse of the first day that your menses started and if on Clomid, the day you will be starting it by calling 844-467-3483 for our Farmington office or 860-525-8283 for our Hartford office and asking to leave your primary nurse a message.
2. Notify your financial Service Representative of cycle start for insurance pre-certification by calling 844-467-3483 for our Farmington office and 860-525-8283 for our Hartford office and asking to leave your FSR a message.

OVULATION PREDICTOR KITS:

You will be using an Ovulation Predictor Kit which identifies the urine LH surge that occurs approximately 18 to 40 hours prior to ovulation. This "early warning" allows us to time inseminations with greater ease and reliability. Many commercial ovulation predictor kits are available, through feedback from patients, we have found the "ClearBlue Easy "EASY READ" Ovulation Test with the SmileFace Indicator" to be the easiest to use and very reliable. The regular Clear Blue Easy Ovulation Test is also very good, but please be aware a positive color change may appear slightly lighter than the test line. Please stay away from generic store brands.

WHEN TO START TESTING:

Ovulation testing should be started on cycle day 10, if you in a natural cycle or taking Clomid on cycle days 3-7. If you are taking Clomid on cycle days 5 - 9, then you would start testing on cycle day 12. Continue testing only once daily until a color change has occurred. If you **DO NOT EXPERIENCE A COLOR CHANGE AFTER 5 DAYS OF TESTING**, please call 844-467-3483 for our Farmington office or 860-525-8283 for our Hartford office to be scheduled for an ultrasound and blood work the next morning. If you are unsure of when to start testing, please call one of the nurses soon as soon as your period begins!

WHAT TIME OF DAY TO TEST:

Although some kits suggest morning testing, our research has shown that testing in the late afternoon or early evening is just as reliable. We would like you to test in the **LATE AFTERNOON OR EARLY EVENING** regardless of the directions for each specific kit, for proper timing of the insemination. Restricting your fluids for at least 2 hours prior to testing will enhance urine LH concentration.

FOR PATIENTS HAVING IUI WITH PARTNER'S SPERM, WHAT TO DO WHEN YOUR TEST BECOMES POSITIVE: WEEKDAYS & WEEKENDS (exclusive of major holidays)

If your kit shows a color change in the late afternoon or early evening, you will be inseminated the next morning **AFTER** your color change. You must call the office at 860-470-3451 for our Farmington office or 860-525-6958 for our Hartford Office on the evening of your color change. This is our **DEDICATED VOICE MAIL LINE FOR INSEMINATION NOTIFICATION ONLY. DO NOT LEAVE ANY OTHER MESSAGES ON THIS LINE.** Your message should include: your name, date of birth, last four digits of your social security number **AND** please leave the same information for your partner and indicate that you have had a color change and that you will be coming in the next morning for an IUI at 11:00am. If your partner is **using frozen sperm**, please mention that on the message. In this

manner, the Patient Services Representative will have the correct paperwork completed for both of you by the time you arrive.

PARTNER'S SEMEN SAMPLES: BRING ALL SAMPLES DIRECTLY TO THE 1st FLOOR FRONT DESK in our Farmington location.

Please remember, Female Partners are NOT allowed to bring in their partner's samples.

If your partner's sperm is being used: It would be ideal if he abstains from ejaculating for at least 2 days but not more than 5 days prior to the insemination.

If your partner is producing at home: On the morning of the insemination, he must bring the sample within one hour of production, between 7:30am and 8:00am, to the Center 1st floor office with A PHOTO ID. the semen sample must be kept UPRIGHT AT ALL TIMES, at "body temperature" (for example, tuck the container into your shirt/jacket).

If your partner is producing at The Center: He should plan on arriving here at 8:00 AM with a photo ID.

Please remember that IUI's are NOT done on the major holidays listed below. See below for specific instructions for these times.

FOR PATIENTS RECEIVING DONOR SPERM:

WHAT TO DO WHEN YOUR TEST BECOMES POSITIVE: WEEKDAYS & WEEKENDS

(exclusive of major holidays)

If your kit shows a color change in the late afternoon or early evening, you will be inseminated the next morning AFTER your color change. Please call the office at 860-470-3451 on the evening of your color change and leave a message on the confidential voicemail. Please leave your name, date of birth, last four digits of your social security number and indicate that you have had a color change and that you will be coming in the next day for Insemination with Donor Sperm. You should plan on arriving at 11:00 AM for the insemination. Please remember that no IUI's are done on the major holidays listed below. See below for specific instructions for these times.

***SPECIAL INSTRUCTIONS FOR TESTING ON THE DAY BEFORE A MAJOR HOLIDAY*:**

Our two major holidays are Christmas day and New Years day.

Please remember, Female Partners are NOT allowed to bring in their partner's samples.

Because inseminations are not done on these two major holidays, your insemination will either be done *the morning before the holiday* or it will be done *the morning after the holiday*. On the day before, please test early in the morning (about 6-7:00AM). If you get a color change early that morning, please call the office for 8:00 AM at 844-467-3483 for our Farmington office or 860-525-8283 for our Hartford office and schedule an insemination that morning. If a partner's fresh sample is being used, please have him bring the sample to the office for 8AM (with photo ID) or have him produce it at the office at 8:00am. (he will need to show his photo id). You should arrive at 11AM for the insemination. If a frozen sample (partner's or donor's) is being used, please call the office before 8:30AM and notify us that you need an insemination using a "frozen sample" that day.

***If you do not have a color change the morning before the holiday, you do not test again that evening. Resume testing the evening of the holiday and follow the previous non-holiday instructions.

If you have any questions regarding notifications, whom to call, inseminations, or the use of ovulation predictor kits, please do not hesitate to call 844-467-3483 for our Farmington office or 860-525-8283 for our Hartford office. Your cooperation in this matter is extremely important. Thank you.