

# Orientation Class

Ovulation Induction

&

Intrauterine Insemination



Weill Cornell Medical College

NewYork-Presbyterian Hospital  
Weill Cornell Medical Center

# What is Ovulation Induction(OI)?

- A fertility treatment to improve your chances of getting pregnant
- A treatment in which medication is used to stimulate the release of one or more eggs from the ovary
- Less expensive and less invasive method than IVF.

# Why do OI?

- You have irregular menstrual cycles AND you don't consistently release an egg every month
- You have regular menstrual cycles but you want to try to produce and release more than one egg at a time

# Prerequisite Testing

Walk-in hours: M-F 8-11:30; M-Th 1-3:30 (no Fri PM hrs)

- Basic Blood Panel
  - Genetic testing also available if necessary
- Cervical Cultures
- Random Day 2 or 3 Blood Test
- Uterine Evaluation
- Semen Analysis
- OI/IUI Orientation Class

# Prerequisite Testing (Women)

1. Basic Blood Panel and Cervical Cultures
  - Evaluates general health
  - Tests for any endocrine disorders, including thyroid
  - Screens for any active or prior exposure to infectious diseases including HIV, Hepatitis B&C, and syphilis
  - We accept results from outside facilities if tests have been done in the last 12 months
  - Cervical cultures test for Gonorrhea, Chlamydia and Mycoplasma

# Prerequisite Testing (Women)

## 2. Random Day 2 or 3 Blood Test

- Measures the levels of FSH (Follicle Stimulating Hormone which helps eggs mature), Estradiol (estrogen) and LH (luteinizing hormone which stimulates ovulation)
- Done on Day 2 or 3 of your menstrual cycle (Day 1 is the first full day of flow before midnight)
- Done at CRM's offices during morning monitoring hours

# Prerequisite Testing (Women)

## 3. Uterine Evaluation

- A detailed look at the structure and lining of your uterus – usually an HSG or SIS
- HSG (hysterosalpingogram) is an x-ray that identifies abnormalities in uterine cavity and confirms if fallopian tubes are open; performed at radiology center; requires antibiotics taken prior to test

# Prerequisite Testing (Men)

## 1. Basic Blood Panel

- Tests for active or prior exposure to infectious diseases including HIV, Hepatitis B & C and syphilis
- If test has been done within the last 12 months, we accept results from outside facilities



# Prerequisite Testing (Men)

## 2. Sperm Analysis

- We recommend this test be done at our andrology lab (7<sup>th</sup> Floor)
- Tests specimens based on four criteria
  - Volume – how much semen is produced
  - Concentration – the number of sperm per milliliter of ejaculate
  - Motility – sperm movement
  - Morphology – sperm shape

# Your OI Cycle Overview

- Day 1 - first full day of menstrual flow before midnight
- Day 2 or 3 – when you usually come in for baseline ultrasound and bloodwork
- Days 3-14 (depends completely on your protocol) – monitoring phase when you come to CRM periodically for ultrasound and blood work
- Ovulation Day – triggered by HCG shot which is administered 24-36 hours prior
- IUI Day – day on which you have sperm placed into your uterus for fertilization

# Types of OI Cycles

- Natural Cycle
- Oral Medicated Cycle
- Injectable Medicated Cycle

# Medications

## **Injectables:**

- Follistim, Gonal – F, Bravelle
- Menopur
- Ovidrel/HCG

**Possible side effects** - abdominal tenderness, fatigue, bloating, weight gain, headache, mood swings and discomfort at the injection site

## **Progesterone Suppositories:**

Endometrin

# Injectable Medicated Cycle

- Call the Center on Day 1
- Come to Center on Day 2 or 3 for baseline ultrasound and blood test between 7-8:30am
- Each day you come for monitoring, you will receive a call between 3-5pm with further instructions.
- Injections should be administered between 7-10pm
- You return to the Center for periodic monitoring – every or every other day for 10-14 days

# Injectable Medicated Cycle

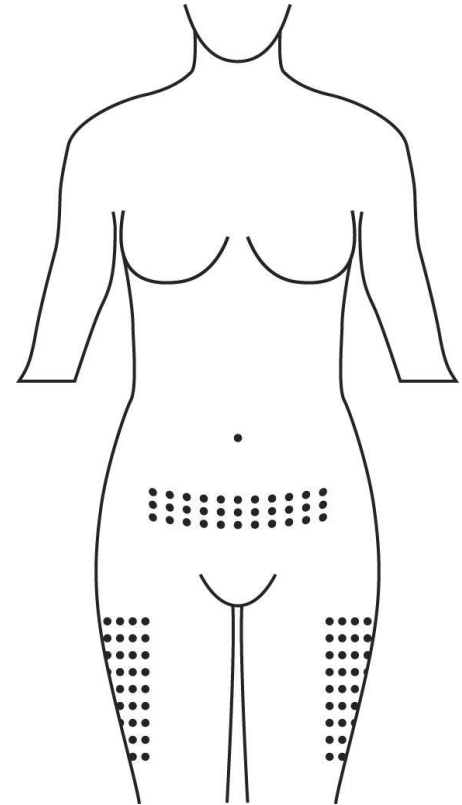
- Ovidrel/hCG will trigger ovulation to occur approximately 36 hours after the injection
- Administer between 10 and 11PM in preparation for IUI.

# Injection Sites

## Subcutaneous Injection sites

- Lower abdomen (below belly button)
- Upper thighs

Be sure to rotate where you inject yourself nightly.



# IUI – Sperm Production (Fresh)

If your partner is producing a **fresh** sperm sample for IUI, he should:

- Abstain from any sexual activity (including intercourse and masturbation) for 2 to 5 days prior to your IUI
- That morning, shower with antibacterial soap paying particular care to the genital area. Please wear clean clothes as well.
- Check in on 6<sup>th</sup> Floor at your appointment time; you will be directed to andrology to produce a sample.



# IUI – Sperm Production (Frozen)

If you are using a **frozen** sperm sample – either from your partner or an anonymous donor, you must

- Make arrangements with the andrology lab to have the sample transported (if applicable) to CRM
- The sperm will be thawed once you check in at your appointment time.

# IUI - Insemination

- Requires no anesthesia or hospitalization
- Is done in one of our regular exam rooms
- Takes approximately 5 minutes to perform
- Little or no discomfort

# IUI – Post-insemination

- You should remain lying down for 10-15minutes
- Semen will NOT leak out if you stand up
- You may experience light cramping that day
- Two weeks later you come back to CRM for a pregnancy test or use a home kit to test yourself
- Your doctor will prescribe a progesterone suppository to support a potential pregnancy

# Possible Risks of OI/IUI

- Anytime you take fertility medication, there is a risk that your body will OVERREACT to it. This is called Ovarian Hyperstimulation Syndrome (OHSS)
- OHSS is VERY rare at CRM because of the individualized care and continual monitoring that you receive
- If you develop severe abdominal bloating or distention, weight gain and/or edema, call your doctor.

# Possible Risks of OI/IUI

Depending on your reaction to the medication your OI/IUI cycle may be cancelled or changed

- If you respond poorly to the medication, your cycle may be **cancelled** completely and your doctor will try a new protocol the next month
- If you respond too well to the medication, you may **change** to IVF and have your eggs retrieved to lessen the risk of having a multiple pregnancy.

# Possible Risks of OI/IUI

Ultimately YOUR HEALTH is the most important thing and your doctor will decide how to proceed based up

- How you react to your medication
- The possibility of having multiple pregnancy
- Your age

# Counseling

Infertility is difficult for everyone and it affects every aspect of your life. We have three psychologists on staff to help you cope. Please call (646)-962-2764 to schedule an appointment

In addition, we have a free, drop-in support group on Tuesdays 9-10am; no appointment necessary.

# OI/IUI Nurses

Irene Rabayev, PA  
(646) 962-3275

Christine Zotto, PA  
(646) 962-3706

Cheryl Lindenbaum, NP  
(646) 962-3278

Jeanette Rodriguez, RN  
(646) 962-3706

Evangeline Iwu, RN  
(646) 962-3278

Theresa Ciliberti, NP  
(646) 962-3706



# Important Phone Numbers

- Main Number: 646-962-2764 (CRMI) – to reach the front desk and the fellow on-call after hours and on weekends;
- IUI Scheduling Line: 646-962-4538 – to make the appointment for your IUI;
- Andrology: 646-962-8448 – to ensure frozen semen specimens are delivered and prepared in time for your IUI.
- Billing Dept: 646-962-3246 – for pre-authorization and other billing questions.

# Important Web Sites

- [www.ivf.org](http://www.ivf.org) – CRM's web page
- [www.freedommedteach.com](http://www.freedommedteach.com)
  - injection video library
  - Email: use your own
  - Prescription Number: 09654321
  - State: NY
  - Clinic Name: Center for Reproductive Medicine & Infertility - Cornell

# Remember...

We are here to help you.

We want you to succeed

as much as you do.