Orientation Class

Ovulation Induction &

Intrauterine Insemination
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 (7th 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 6th 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 10-15 minutes
- 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
- You 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

Cheryl Lindenbaum, NP
(646) 962-3278

Evangeline Iwu, RN
(646) 962-3278

Christine Zotto, PA
(646) 962-3706

Jeanette Rodriguez, RN
(646) 962-3706

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.