



PATIENT INSTRUCTIONS FOR:

## DONOR INSEMINATION (TDI)

Therapeutic donor insemination is procedure in which frozen donor sperm is inserted into your uterus, cervix or vagina. Since the pregnancy rates are higher, we only do intrauterine insemination (IUI). In this case, washed donor sperm is injected directly in to your uterus. It is done as close to the time of ovulation as possible.

You will need to **make arrangements to order the sperm in advance**. While, we prefer to work with **California Cryobank** and **Fairfax Cryobank**, you may use any **FDA licensed and accredited** sperm bank. You should review the donor lists and choose 3-4 donors in your order of preference. You and any male partner must have a full screen for sexually transmitted diseases including HIV before we can begin. The doctor should have discussed with you what to look for with donors (e.g. blood type). We prefer specimens that say **IUI** rather than ICI, unless you are doing IVF. Please make sure that the sperm is ordered well in advance as we can keep it stored in our laboratory. *We cannot accept deliveries on the weekends.*

If your insurance requires precertification and/or referrals, please arrange this as far in advance as possible Samantha (512-4031) can help you with this.

We will ask you to come in on **day 12 or 13 of your cycle for ultrasound and bloodwork**. These visits are scheduled M-F 6-9 AM and Saturdays at 7 AM. If the eggs are not ready when expected, you may need to come in 1 or 2 additional times. When your eggs are mature, we will have you do an injection of Ovidrel 24-36 hrs before insemination, a medication that will force your eggs to release, and schedule the insemination. **Please make sure you have Ovidrel in hand before you in come in for the ultrasound.**

The insemination itself only takes several minutes, and you will remain on the table for 15 minutes after the procedure. A soft plastic catheter is inserted into the uterus and the washed sperm are injected. There are no restrictions on you after you leave.

You may experience some cramping during and shortly after the IUI, but this should improve quickly. If the pain worsens later in the day, it could be a sign of infection and you should notify the doctor ASAP. The IUI itself will not raise your risk of multiple pregnancies-only the fertility drugs will.

If you are on Clomid or Femara, please come in for a progesterone blood test in 1 week. If you are on injectables, set up an ultrasound with the doctor in 1 week.