

# Starting your Intrauterine Insemination (IUI) journey



Vitanova

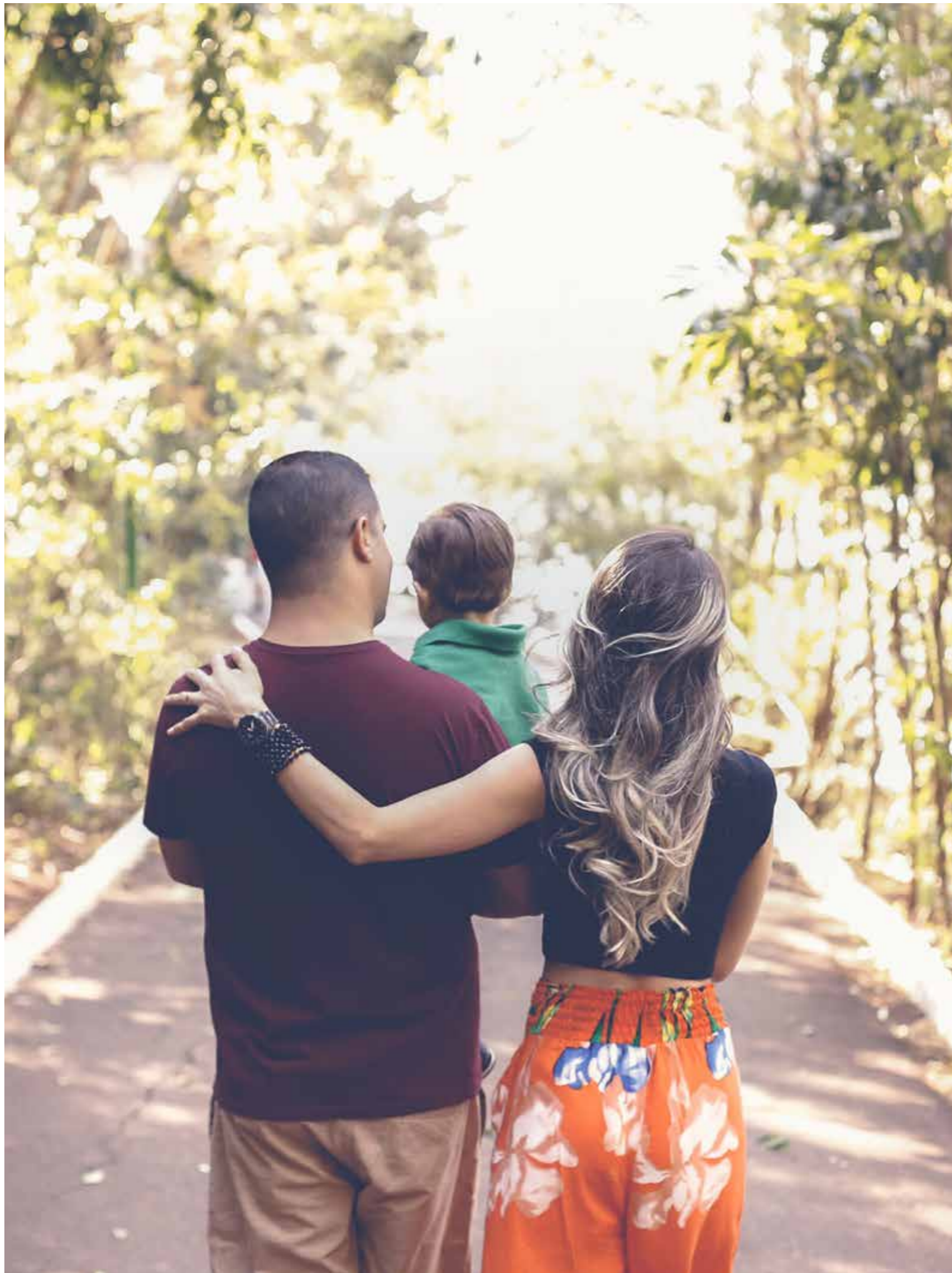
FERTILITY CLINIC | COPENHAGEN

Part of CREATE Fertility™

Intrauterine Insemination (IUI) Guide

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[www.vitanova.dk/en](http://www.vitanova.dk/en)



This booklet is intended as a helpful guide through Insemination treatment at Vitanova, what to expect at each stage and your options when it comes to choosing a sperm donor, if needed.

We know this can be an emotional time for you and we want to make the process as simple as possible. With this material, we hope to be able to give you answers to some of the questions and speculations that are probably occupying you at the moment. We try to give every single woman optimal treatment and care in the process.

If you decide that insemination is right for you, rest assured that our team will be there every step of the way with you.



It is our fundamental obligation to ensure that we protect the long term health of women and babies so that we can look back and say that we have done absolutely the right thing. We make fertility treatment available to all, including single women, heterosexual and same-sex couples.

We have responsibility for the future, not just the present.

**Professor Geeta Nargund**  
Medical Director, Vitanova

# Why Choose Vitanova?

We provide women-friendly treatment that delivers better health outcomes for mothers and babies. Our pioneering approach focuses on the quality of eggs, not egg quantity. By offering insemination as a first treatment option to women with open tubes and good fertility, we are reducing any unnecessary risks. Our vision is to promote gentler fertility treatment which offers women the best chance of success and reduces the emotional, physical and financial burden associated with IVF.



We believe in giving every woman a chance to become a mother.

Our approach to fertility treatment is one based on a wealth of scientific knowledge and expertise, coupled with excellent patient-centred care. We provide the best treatment for you, using minimal medication to reduce side effects and long-term risks.



Unrivaled access to donors



Part of CREATE Fertility, Europe's leading Mild & Natural IVF experts



Focused on the health of the woman and baby



Led by pioneers & medical experts



Excellent success rates



Safer for women and healthier for babies



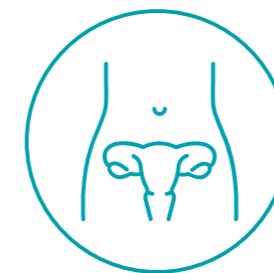
## An introduction to Insemination (IUI) at Vitanova

Insemination (IUI) is safe and affordable and is one of the least invasive fertility treatments. It is often the first treatment option for women with open fallopian tubes and a good egg reserve. It's also ideal for single women and same-sex couples, who need donor sperm to conceive, but have no underlying fertility issues.

In IUI treatment, midwives insert specially washed sperm into a woman's womb at the most fertile point in her menstrual cycle. The procedure is usually easy and pain-free. IUI can be carried out with your own partner's sperm or with sperm from a donor. The treatment can take place within your natural cycle, or in some cases ovulation is stimulated with an injection to trigger the release of eggs.

We offer high quality IUI with simple protocols and personalised treatment plans. Treatment can be delivered flexibly, with consultations via video/phone. You can undertake scans and tests with us or at a fertility clinic in your home country, keeping your travel time and costs to a minimum. Transfer procedures take place in our modern clinic in the heart of Copenhagen.

### Who is it for?

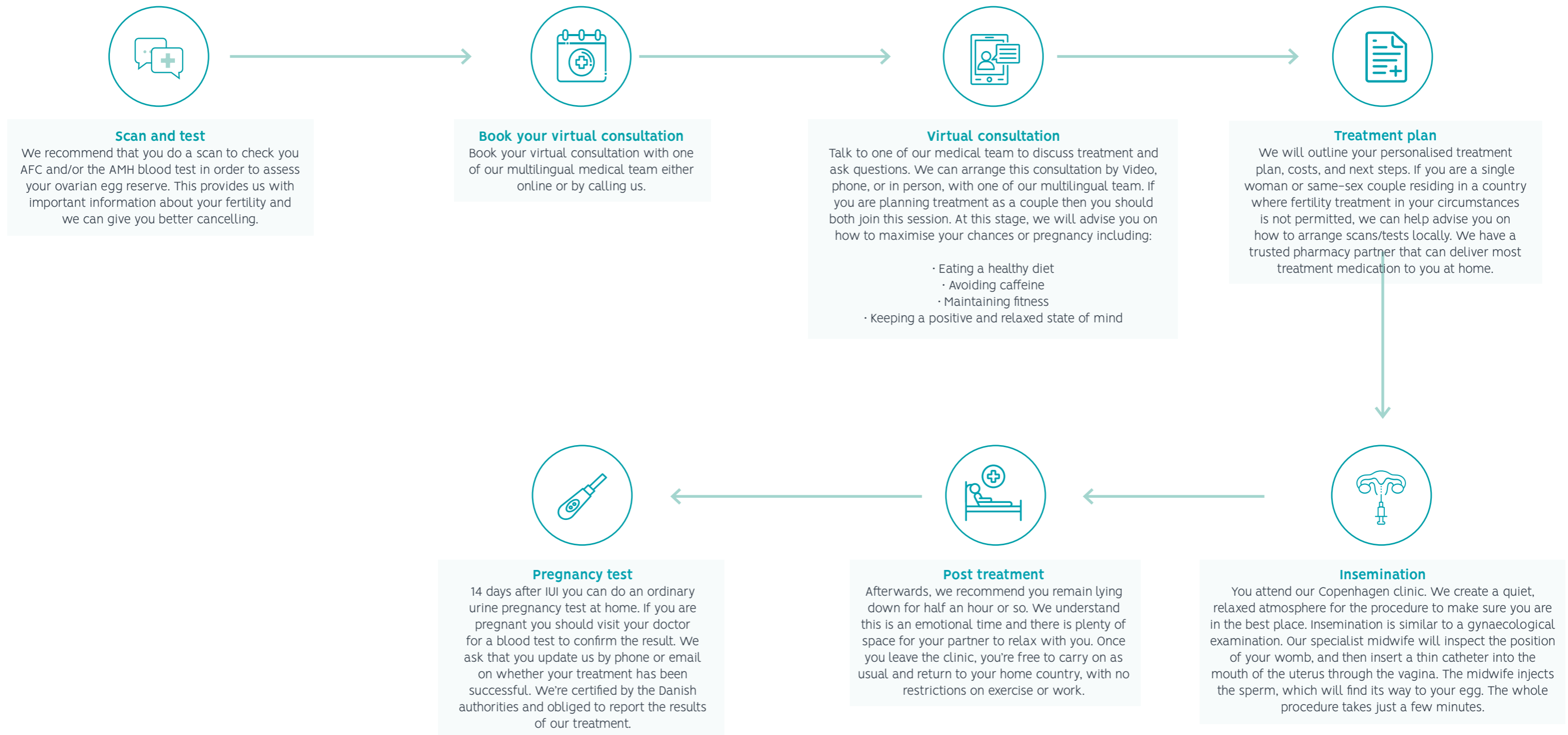


Women with a good ovarian reserve and open fallopian tubes.



Single women, same-sex couples and also for heterosexual couples (with male factor – low quality of sperm or azospermia) who need donor sperm to conceive, but have no underlying fertility issues.

# Patient Journey



# IUI procedure

An IUI procedure is a short 30–45 minute appointment which involves directly inserting specially washed sperm into the womb at the most fertile point of a woman's cycle. Our midwives will ensure that you are feeling comfortable and ready for the procedure when you come for your appointment. There are a few things, however, that you will need to do in preparation to make sure that there are no delays and the procedure goes as smoothly as possible.

## How to prepare:

- ✓ Ensure that you have signed all of the relevant consent forms prior to the procedure.
- ✓ All required screening has been done.
- ✓ Come with a comfortably full bladder.
- ✓ If applicable, please arrange child care for the day of your procedure as the recovery and theatre area are not suitable for children (Health & Safety Regulations).

## Your partner (if applicable):

- ✓ If your partner's sperm is being used in the treatment he will need to attend this appointment to produce a sample.
- ✓ Please allow a minimum of 2 days and a maximum of 5 days abstinence to ensure that the sperm is of high quality.

# On the day of your procedure



## IUI with donor sperm

We have a selection of donors kept on-site, at our Copenhagen clinic, that we have purchased from a Danish sperm bank. Alternatively, if you wish to purchase your own donor sperm, we will happily provide any help you may need with that process. We support single women, lesbian couples and heterosexual couples seeking fertility treatment using a sperm donor.



### Open donors

In open donation, children conceived via sperm donation have the option to contact the sperm bank when they turn 18 for information on the identity of the donor. The child's parent cannot make the request.



### Private donors

Private donation for single women can be arranged where the donor is the legal father of your baby, in which case your donor should accompany you to the clinic for your initial appointment to discuss the process. We can also carry out treatment for heterosexual and lesbian couples with a private donor, where the donor will have no legal or financial responsibility for the baby.



### Anonymous donors

In Denmark you have the option to choose sperm donated by a man who prefers to remain anonymous, which means neither the parents nor the clinic has access to identifying information.



## Lifestyle advice

A healthy mind promotes a healthy body, so aim to de-stress and relax. Continue with your interests and give yourself permission to have fun regularly without feeling guilty. Taking part in activities which promote positive thinking can help to relieve your fertility worries.

Improving your health and well-being prior to starting any fertility treatment will boost your natural fertility, minimise stress levels and will get your body ready for treatment.



### MEDICAL:

- It is a medical requirement that patients trying to conceive should be taking 400 micrograms (mcg) of Folic Acid each day.

### DIET:



1. Eat fruit and vegetables, and foods which are good sources of protein
2. Reduced saturated fat and sugar intake
3. Top up your Omega-3 levels
4. Vitamin supplements (particularly vitamin D) may help to give extra support
5. Drink plenty of fluids

### LIFESTYLE:

1. Stop smoking
2. Avoid alcohol
3. Reduce your caffeine intake
4. Getting a good night's sleep
5. If your BMI is above or below average, we advise for our patients to aim to get to a healthy weight



### DE-STRESS TIPS:

1. Doing light exercise
2. Taking regular breaks
3. Walks in the outdoors
4. Deep breathing exercises
5. Arrange treats for yourself

# Our commitment to you

We hope that this guide has helped to answer lots of the questions that you have about your treatment. We want you to feel as comfortable and as confident about your journey as possible. Our team are happy to answer your questions and reassure you along the way. We are here to support you throughout your treatment with us, and we promise to work with your body all the way through your time with us.

We wish you every luck with your treatment.



Professor Geeta Nargund  
Founder and Medical Director – CREATE Fertility



## Notes

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# Notes

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