# Starting your Intrauterine Insemination (IUI) journey



Vitanova

FERTILITY CLINIC | COPENHAGEN

Intrauterine Insemination (IUI) Guide

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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 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.

Professor Geeta Nargund Medical Director, Vitanova

## assured that our team will be there every step of the

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

# 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.





Unrivaled access to donors



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



Focused on the health of the woman and baby



Excellent success rates



Safer for women and healthier for babies

## 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 patientcentred care. We provide the best treatment for you, using minimal medication to reduce side effects and long-term risks.



Led by pioneers & medical experts



#### 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 underlining 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



#### Scan and test

We recommend that you do a scan to check you AFC and/or the AMH blood test in order to assess your ovarian egg reserve. This provides us with important information about your fertility and we can give you better cancelling.



Book your virtual consultation Book your virtual consultation with one of our multilingual medical team either online or by calling us.



#### Virtual consultation

Talk to one of our medical team to discuss treatment and ask guestions. We can arrange this consultation by Video, phone, or in person, with one of our multilingual team. If you are planning treatment as a couple then you should both join this session. At this stage, we will advise you on how to maximise your chances or pregnancy including:

> $\cdot$  Eating a healthy diet Avoiding caffeine Maintaining fitness  $\cdot$  Keeping a positive and relaxed state of mind



#### Pregnancy test

14 days after IUI you can do an ordinary urine pregnancy test at home. If you are pregnant you should visit your doctor for a blood test to confirm the result. We ask that you update us by phone or email on whether your treatment has been successful. We're certified by the Danish authorities and obliged to report the results of our treatment.



#### Post treatment

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Afterwards, we recommend you remain lying down for half an hour or so. We understand this is an emotional time and there is plenty of space for your partner to relax with you. Once you leave the clinic, you're free to carry on as usual and return to your home country, with no restrictions on exercise or work.



#### Treatment plan

We will outline your personalised treatment plan, costs, and next steps. If you are a single woman or same-sex couple residing in a country where fertility treatment in your circumstances is not permitted, we can help advise you on how to arrange scans/tests locally. We have a trusted pharmacy partner that can deliver most treatment medication to you at home.



#### Insemination

You attend our Copenhagen clinic. We create a guiet, relaxed atmosphere for the procedure to make sure you are in the best place. Insemination is similar to a gynaecological examination. Our specialist midwife will inspect the position of your womb, and then insert a thin catheter into the mouth of the uterus through the vagina. The midwife injects the sperm, which will find its way to your egg. The whole procedure takes just a few minutes.

## 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  $\mathbf{\nabla}$ theatre area are not suitable for children (Health & Safety Regulations).

#### Your partner (if applicable):

- $\checkmark$  If your partner's sperm is being used in the treatment he will need to attend this appointment to produce a sample.
- $\overline{\mathbf{V}}$ 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 📾



#### Walk in to theatre

You will be welcomed back to the clinic and taken through to the theatre room.

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#### 30-minute IUI procedure

The IUI procedure is a straight-forward appointment that just takes a few minutes. It can be compared to a normal gynaecological examination. You will need to rest for about 30 minutes after the procedure.



#### You can ask the midwife any questions

Your midwife will answer any questions that you might have about the procedure and your next steps.



#### The midwife will explain how your procedure will follow

We will tell you about the process of the procedure, ensuring that you know what to expect during the appointment.



#### Sign document stating sperm is the right sperm sample

As part of clinical practice, you will be asked to sign a document stating the number and characteristics of the sperm donor we have chosen prior to the procedure.

#### Stimulated IUI:

If you are doing a stimulated IUI protocol, the midwife will talk you through the medication that you may need to take after your procedure.

## IUI with donor sperm $\Pi / J$

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.

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

#### DIET:

**MEDICAL:** 

- - 2. Reduced saturated fat and sugar intake
  - 3. Top up your Omega-3 levels

  - 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

1. Eat fruit and vegetables, and foods which are good sources of protein

4. Vitamin supplements (particularly vitamin D) may help to give extra support



## 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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