
Natural Cycle Intrauterine Insemination (IUI) Treatment



This leaflet will explain what natural cycle IUI treatment is, including the benefits and risks of IUI.

What is Natural Cycle IUI treatment?

IUI treatment uses a catheter to put washed, prepared sperm at the top of the cavity of the womb around the time of ovulation to increase the chance of getting pregnant. Hormonal stimulation with fertility drugs is not required, in contrast to “stimulated IUI”.

Monitoring of your cycle is performed with transvaginal ultrasound and LH tests. An ultrasound scan is performed on around day 10 of the cycle to look for a growing follicle (a fluid-filled sac within an ovary, which usually contains an egg). Once this is identified LH testing can start to identify a surge in LH levels. This indicates that ovulation is imminent, and the insemination procedure can be performed 1-2 days later. In some cases, a single “trigger injection” may be used to ensure that the egg is ovulated at a certain time.

Why has Natural Cycle IUI been recommended for us?

IUI is one of the assisted conception treatments that is used to treat couples using donated sperm, single women or women in a same-sex relationship.

Natural cycle IUI is only recommended for women who have a regular menstrual cycle and healthy fallopian tubes.

What are our chances of getting pregnant with Natural Cycle IUI?

The chance of pregnancy for all couples with Natural Cycle IUI varies from 5-15% according to published literature. At present we do not have data from our own clinic to indicate our success rates, as it is recently introduced treatment to our clinic. The chance of getting pregnant with stimulated IUI is approximately 16-20% per cycle.

For same-sex couples there does not appear to be a difference in success rates between Natural Cycle or stimulated IUI.

These figures are slightly lower than the chance of pregnancy with IVF which is approximately 30-40%, however, IUI does not involve an egg collection procedure so is less invasive than IVF.

- Natural cycle intrauterine insemination (IUI) is a less invasive form of assisted conception and does not require the use of fertility drugs.
- It is only suitable where the woman's fallopian tubes are open and healthy and they have a regular menstrual cycle.
- The cycle is monitored with transvaginal ultrasound to monitor follicular growth and LH tests to detect imminent ovulation.
- The washed, prepared sperm is placed near the top of the womb cavity 1-2 days after the LH surge is detected.

Are there any risks or complications with Natural Cycle IUI treatment?

With Natural cycle IUI the treatment is more difficult to schedule in comparison to stimulated IUI. As the timing of ovulation in a woman's cycle is not entirely predictable, if ovulation were to occur at a time when the insemination procedure could not be facilitated (for example, IUI would not be possible on a Sunday due to the clinic closure), the treatment would need to be cancelled. To minimise the risk of cancelled treatment it is recommended that couples undergoing natural cycle IUI treatment with donor sperm use pre-prepared or "IUI ready" sperm.



Feedback

Here at Fertility Exeter, we care about getting things right for our patients. As such we would welcome any feedback that you may have, to help us continually improve the services we provide. You can do this in a number of ways:



Patient Advice & Liaison Service (PALS)
Royal Devon and Exeter Hospital (Wonford)
Barrack Road
Exeter
EX2 5DW



Direct Dial: (01392) 402093



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You can also provide feedback about Fertility Exeter directly to the HFEA by using their online feedback tool:
<https://www.hfea.gov.uk/choose-a-clinic/rate-your-clinic/>

“What went well could go better if”

Please complete a yellow card, located in our waiting room, and put it in the box provided. The box is sorted weekly and suggestions are acted on accordingly.

Alternatively:

★ Complete our Patient Surveys on our website
www.fertilityexeter.co.uk

★ See our Patient Survey links in our emails.



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