

## Unstimulated Cycle/Intrauterine Insemination

### *What to expect*

*This handout is for patients at University Reproductive Care (URC). It explains how a fertility treatment called “unstimulated cycle/intrauterine insemination” works.*

### **How does this fertility treatment work?**

This treatment works with your natural fertility cycle.

People who might benefit from this treatment include:

- Same-sex couples
- Single women

Each step of this fertility treatment is important:

- Most women have a **pelvic ultrasound** exam in the middle part of the cycle. The ultrasound confirms that a mature *follicle* has formed. The follicle is an egg sac within the ovary that grows and matures before *ovulation* occurs. Ovulation is the release of a mature egg from the ovary.
- The **ovulation trigger injection (human chorionic gonadotropin/hCG)** helps the egg mature and determines the time your intrauterine insemination should occur.
- **Intrauterine insemination** places the most *motile* (moving) sperm as close as possible to the egg(s) at the time when fertilization is most likely. This helps increase the chance of pregnancy.
- Some women choose to use a home ovulation predictor kit to time their insemination. If you choose to use a home kit, you will not have an ultrasound or use ovulation trigger medicine. Instead, you will have an insemination the day after the home kit result is positive.



*Please talk with a provider at University Reproductive Care if you have any questions about this fertility treatment.*

## What are the possible risks from this treatment?

The risks linked to having this treatment include:

- **Insemination risks:** Cramping, spotting, or infection (very rarely).
- **Cycle cancellation:** If no follicles mature or ovulation occurs prematurely, the treatment cycle will need to be cancelled.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

University Reproductive  
Care: 206.598.4225

Clinic hours: weekdays,  
8 a.m. to 5 p.m.