



## **PATIENT INFORMATION FOR THERAPEUTIC INSEMINATION NOT TAKING FERTILITY MEDICATIONS**

To serve you best, the office needs to know when your period begins and when your LH surge occurs. This information is needed in order to coordinate nurses, doctors and lab personnel for your insemination. **WITHOUT THIS INFORMATION, THE OFFICE CANNOT GUARANTEE THAT YOUR INSEMINATION WILL TAKE PLACE DURING THIS CYCLE.**

Unless otherwise stated by your physician, you will be testing your urine to detect an LH surge using an ovulation kit. An LH surge is detected in your urine approximately 24 to 36 hours prior to ovulation. If you have any questions about how to use the LH test kit please call the toll-free number provided with the kit or you may ask your nurse. The ideal time to test your urine is 9 to 10 a.m., or the second urine specimen regardless of the instructions in your kit. Please reduce your fluid intake during the days you are testing.

To help us help you, please follow these directions:

- All consent forms must be completed and in your chart before your first insemination.
- All of the results from your state-mandated infectious disease screening tests must be received by our office before your first insemination.
- Some insurance companies do not pay for sperm preparation. You are required to pay for this service at the time you drop off your specimen.

On the day your period begins, call the office at (408) 356-0431 and ask to speak to your physician's nurse. Tell her that your period has begun. She will need to know the usual length of your cycle. If you leave a message on voice mail, indicate if you want a call back to answer questions. Otherwise, your message will be handled with no return call.

- If your period begins in the evening after 5 p.m. or during the weekend, call the next workday to report the start date of your menstrual cycle.
- If there is a special procedure to be done on the sperm specimen be sure to tell your nurse when you call with your period.
- If you are involved with our "donor" program, please tell your nurse at this time. You are responsible for the order and shipments of donor specimen.
- On the day of your positive ovulation test (LH surge), call the office before noon. When you call, we will schedule your insemination for the next day. You should be inseminated approximately 24-36 hours after the LH surge.

If your LH surge occurs on a Saturday, call the exchange at (408) 554-2872 by 10 a.m. The exchange will contact the fertility physician on call as well as the lab. Your

specimen must be delivered to the lab at 8 a.m. Sunday for sperm preparation. Your appointment for insemination is at 10 a.m. If there is a change in this plan, your fertility physician will call you.

Weekend inseminations are scheduled at 10 a.m. Specimens are to be delivered promptly at 8 a.m. You must have a chaperone for Saturday and Sunday appointments.

If your LH surge occurs on Sunday, deliver your specimen to the lab at 8 a.m. Monday. Advise your physician's nurse at that time. She will schedule your appointment.

Check with your physician's nurse regarding inseminations during holidays.