Natural Cycle/Intrauterine Insemination

What to expect

This handout explains how a fertility treatment called “natural cycle/intrauterine insemination” works.

How does this fertility treatment work?

This treatment works with your natural fertility cycle. It increases the chance of conception for:

- Men who have mildly low sperm counts or motility
- All women, as compared to using only timed intercourse or intracervical inseminations (ICI)

Each step of this fertility treatment is important:

- Most women have a pelvic ultrasound exam in the middle part of the cycle to confirm that a mature follicle has formed. A 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 helps us time your insemination for best success. We will tell you when to take this, based on your ultrasound results.
- 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.

What are the possible risks from this treatment?

Risks linked to this treatment include:

- Insemination risks: Cramping, spotting, or infection (very rarely).
- Cycle cancellation: If no follicles come to maturity, 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.