

HOME INSEMINATION

❖ What Is Home Insemination?

This is also known as self insemination and usually refers to artificial insemination not performed in a clinical environment.

❖ Why Home Inseminate?

- **Affordable**
Average intrauterine insemination (IUI) cost is £500 - £800, plus £400 - £600 per vial of donor semen, plus cost of testing, plus £104 HFEA fees, plus up to £400 for 'initial consultation – This is for **one** insemination, in **one** cycle; the chances are you will need more than one course of treatment. On the other hand, home insemination supplies cost about £25, plus £100 to find donor, plus possibly £100 - £200 for expenses.
- **Accessible**
Not everybody can get fertility treatment, even when they are prepared to pay for it. Age, lifestyle and other (for instance infertility problems) criteria have to be met to be treated by both NHS and private clinics.
- **Comfortable**
Having an IUI is like having a cervical smear and feels like it too, other procedures are even more invasive. Home insemination also means you are not in a clinical environment.
- **You're in control**
... of the when, how, where and with whom.
You don't need to take time off work, you can inseminate any time in the day, you can use any donor you want and you can choose whether or not to keep in touch with your donor and so on.
- **Easy**
See how below. No medical or special skills required!
- **Intimacy**
If you wish and if you have one, your partner can be fully involved in the process, he/she may even carry out the insemination.

❖ When to inseminate

Inseminate just before and during ovulation – when you are most fertile.

To find out how to determine when you are most fertile see **'Tracking Ovulation'**

❖ How to self inseminate

• You need:



- Syringe (5ml or 10ml ideal)/Soft cup (e.g. Instead soft cups)
- Small, clean, sterile container
- Intimate moisturiser/lubricant (such as Zestica or Preseed optional by highly recommended)
- Male Factor Pak (Optional)
- Progesterone cream (Optional)

❖ Preparing Semen

Fresh semen

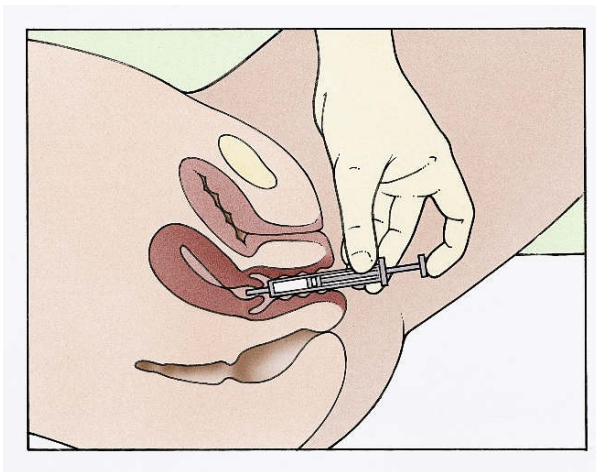
- Your donor may ejaculate into a container, a soft cup or into a special sperm-friendly condom (such as Male Factor Pak)
- Leave semen to stand for 15-20 minutes at room temperature allowing it to liquefy

For how to prepare frozen semen see **'Thawing/Warming Semen'**

❖ Self Inseminating...

...With Syringe

1. Whilst waiting for sperm to liquefy, apply lubricant inside vagina (at least 15 minutes before insemination)
2. Draw up semen into syringe, make sure tip of syringe is in the semen to avoid taking in air
3. Lay back with hips elevated perhaps with pillows underneath buttocks and lower back, try to get comfortable



If you have a partner he/she can help with this part:

4. Gently guide syringe into vagina and as close as possible to the cervix.
 5. Slowly push down syringe plunger to deposit semen in vagina
 6. Remain lying for about 30 minutes
 7. If you can try to have an orgasm, this is said to draw the semen into the cervix
8. Start using progesterone cream two days after insemination, just a tiny dab on fatty tissue, twice a day for about two weeks.

This step is more a preventive /on the safe side one.

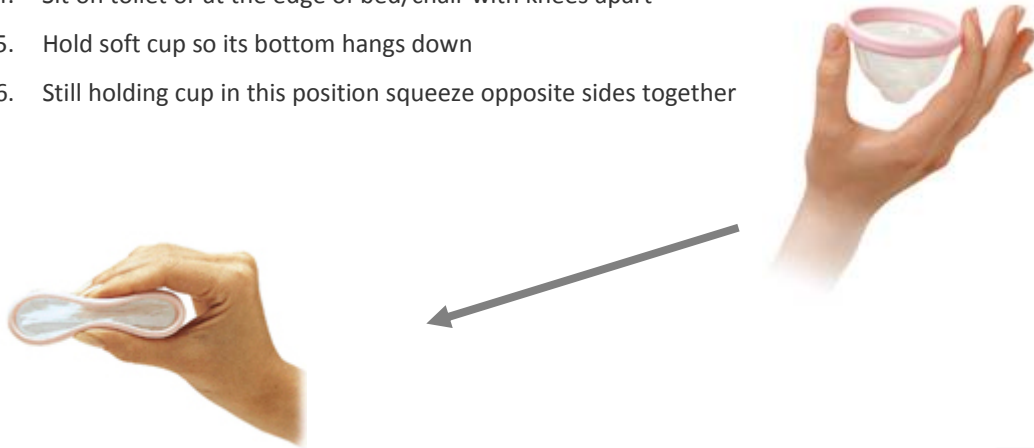
Progesterone helps prepare the lining of the uterus for fertilised egg and supports the survival of the embryo. Significant drop in progesterone or insufficient progesterone can lead to miscarriage.

Progesterone is produced by the body after ovulation, be certain ovulation has occurred before using progesterone cream as using it before might prevent ovulation from taking place.

...With Soft Cup

If you have never worn a soft cup, it is advisable to practice first without your semen sample.

1. Whilst waiting for sperm to liquefy, apply lubricant inside vagina (at least 15 minutes before insemination)
2. Wash hands
3. If your donor did not ejaculate into the soft cup pour liquefied semen into the cup
4. Sit on toilet or at the edge of bed/chair with knees apart
5. Hold soft cup so its bottom hangs down
6. Still holding cup in this position squeeze opposite sides together



7. Keeping rim held together and cup upright, insert completely into the vagina
8. Use finger to push soft cup downwards and backwards as far as possible (cup rests just under cervix). If inserted properly cup should not be felt once in place
9. Leave soft cup in place for at least 2 hours
10. You may go about your day as you normally would.
11. Start using progesterone cream two days after insemination, just a tiny dab on fatty tissue, twice a day for about two weeks.



To remove cup



1. Sit on toilet/edge of chair or bed with knees apart
2. Hook middle finger under rim of cup
3. Pull cup out slowly

❖ Reference And Photos

- Acubaby.com. Artificial Insemination. Available [online]:
www.acubaby.com/.../glossary/insemination.jpg
- Instead soft cup instructions. Available [online]:
http://www.softcup.com/PDF/softcup_directions.pdf