



Fertility Center of the Carolinas

Stimulation Cycles: What You Need to Know

Baseline ultrasounds at the start of your menstrual cycle typically are performed when medicated cycles are done “back to back.” Doing so ensures that no residual ovarian cysts exist. To schedule this ultrasound, please call the office (455-1600) on Day 1 of your cycle. (If Day 1 falls on a weekend, call Monday.)

Once you start stimulation medication, do NOT use non-steroidal medications such as Aleve, Motrin, Ibuprofen, etc.

Urine LH testing (ovulation kits) begins on cycle Day 11, if instructed. For best results, do not use your first void of the morning. You must call the office before 2 p.m. if you have a positive test. (On the weekend, page the on-call doctor.)

You may be prescribed an hCG injection (“trigger shot”) to help with ovulation, depending on your individualized protocol.

If IUI Is Scheduled

Intrauterine insemination (IUI) takes place approximately 36 hours after the hCG injection. You need to avoid intercourse 24 hours before the IUI. After the IUI, intercourse is encouraged for the next several nights.

In case of a positive LH surge, call the office (as mentioned earlier). An IUI will be scheduled the following morning, approximately 24 hours after the hCG injection, if prescribed.

Day of insemination: Men collecting sperm in the office are scheduled to arrive an hour before the IUI time. Those collecting a specimen at home must have the specimen in our office within 30-45 minutes of collection.

IUI procedure: A doctor will place a speculum and then a narrow (2mm) IUI catheter into the uterine cavity. The specimen then will be deposited. No medications or anesthetics are required. After 15 minutes, you can leave and resume normal activities.

Light spotting or cramping may occur. Tylenol can be taken for cramping.