



FAQ

Q: Can IUI prevent genetic diseases?

A: IUI cannot prevent genetic diseases. However, the risk of genetic diseases can be assessed through detailed family history and genetic counselling. Based on this information, the need for preimplantation genetic testing (PGT) can be considered, and other assisted reproductive options can be explored to reduce the risk.

Q: What are the side effects of IUI?

A: IUI is generally safe and does not cause long-term harm to patients. Occasionally, there may be mild discomfort such as slight bleeding or pain, but these symptoms typically subside quickly.

Q: Are there any discomforts associated with IUI?


A: IUI is a relatively painless procedure and does not require anesthesia or surgery. Some women may experience mild discomfort during the insertion of the catheter, but it is generally not significantly distressing.




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IUI

Intrauterine
Insemination

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What is IUI ?

Patient Journey of IUI Treatment:

1. Initial Consultation
2. Counselling
3. Hormonal Stimulation
(around 10-14 days, if necessary)
4. Monitoring the Maturation of Follicles by Ultrasound
(around 3-5 times)
5. Inducing Ovulation
(If necessary)
6. Semen Collection and Sperm Washing
7. IUI

Intrauterine Insemination (IUI)

Artificial insemination with husband's sperm (AIH), also known as intrauterine insemination (IUI) is a more natural conception method. A woman is stimulated to ovulate using medication, and the processed sperm from the male partner is injected into the uterine cavity to increase the chances of pregnancy.

IUI is suitable for the following individuals and situations:

1. Men with mild fertility problems.
2. Women with mild endometriosis.
3. Unexplained infertility.
4. Couples experiencing difficulties with sexual intercourse.

[*] According to the laws of Hong Kong, IUI treatment can only be offered to legally married couples.

Factors affecting the success rate of IUI

The success rate of IUI is affected by various factors, and the current success rate of IUI is approximately around 10% to 20% ^[1-2]. However, the actual success rate may vary depending on the patient's situation. One important factor that affects the success rate of IUI is the age of the woman. If pregnancy is not achieved after undergoing IUI, other assisted reproduction techniques can be considered.



Reference:

1. Success Rate of Inseminations Dependent on Maternal Age? An Analysis of 4246 Insemination Cycles. Geburtshilfe Frauenheilkd. 2013 Aug; 73(8): 808-811.
2. A strategy for treatment of couples with unexplained infertility who failed to conceive after intrauterine insemination. Reprod Biomed Online. 2004 May;8(5):584-9

Points-to-note for IUI Treatment:

Before undergoing IUI:

1. Couples should maintain a healthy lifestyle, such as engaging in moderate exercise, having a balanced diet, avoiding alcohol and smoking, getting sufficient sleep, and managing stress.
2. Undergo basic examinations, such as semen analysis, fallopian tube checkup, ovarian ultrasound, etc., to determine the best treatment plan.
3. If there is a need to take supplements or Chinese medicine, please consult a doctor before doing so.

During IUI:

1. It is important to follow the doctor's instructions, which may include taking medication, hormone injections, undergoing ultrasound examinations, etc. If there are any questions or concerns, it is necessary to promptly communicate with the doctor.
2. Ensure the quality of the semen sample: It is recommended to abstain from sexual intercourse for 2-3 days prior to the collection of the sample to ensure the quality and quantity of the sperm.

After undergoing IUI:

1. Life as usual and do not require bed rest.
2. Take any prescribed medications as instructed by the doctor.
3. Avoid overexertion and strenuous exercise.
4. Get sufficient sleep and maintain a regular schedule.
5. Relax and maintain a positive mindset.
6. Avoid hot baths and hot springs as heat can hinder embryo development.
7. It is normal to experience light pink or brownish spotting after IUI.
8. Contact the clinic immediately if you experience abnormal bright red bleeding, severe abdominal pain, or bloating.
9. If you are considering Chinese medicine treatment as an adjunct to fertility, consult with the doctor for advice.

