can be thought of as mild, moderate or severe. This condition is uncommon, but has led to hospital admission for rest and fluid replacement.

Ovarian hyperstimulation can cause the following symptoms:
• Abdominal bloating and tension
• Lower abdominal pain
• Nausea and / or vomiting
• Breathlessness
• Difficulty in passing urine

We will try to reduce your risk of this happening by careful and regular monitoring of your treatment by ultrasound scans. It is very important that you report anything you are unsure about.

Finally, please make sure to ask us about any aspect of your care you are unsure of.

You can contact us on: ☎ 01563 827238 or ☎ 01563 827229 (answer machine).

Tell us what you think...
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Department of Gynaecology
University Hospital Crosshouse

Ovulation induction and intrauterine insemination (OI and IUI)

Information for you

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What is ovulation induction and intrauterine insemination?

Ovulation induction is a treatment we offer to couples who need help to conceive. This can be used where the female partner fails to ovulate (release an egg) effectively, or together with IUI as part of a package of treatment.

- **Ovulation induction** consists of a course of follicle stimulating hormone (FSH) injections and monitoring the response of the ovaries with ultrasound scans. On occasions we may decide that another medicine (nasal spray or injection) to control your own hormone output is required. This is a medicine which acts on the pituitary gland (a small gland at the base of the brain) and temporarily switches off your own hormone output. We will discuss this with you before we start treatment.

- **Intrauterine insemination** is a technique which involves asking the male partner to supply a semen sample. The sample is then prepared in the laboratory to remove the components not needed for fertilisation, and then it is transferred into the women’s uterus using a fine catheter to allow fertilisation to take place. The procedure will be similar to a smear test and should not be too uncomfortable.

**Monitoring**

The eggs in your ovaries are very tiny and not visible to the naked eye. Each egg is contained within a fluid filled sac known as a follicle. During your course of treatment we monitor the progress of the developing follicle with ultrasound scans. The size and number of follicles which develop are used to determine when to carry out IUI.

**What happens next?**

When each follicle develops to 17-20 millimetres in size it is thought to contain a mature egg. We will then give you a ‘booster’ injection (a different hormone) to encourage the follicle to rupture and release the egg. One follicle is thought to contain one egg and to reduce your risk of having a multiple pregnancy treatment will stop if more than three mature follicles develop. Should this be the case you will have the opportunity to repeat the treatment cycle.

We will make the necessary arrangements to carry out IUI when you have had the booster (approximately 35 hours later).

We will perform a pregnancy test (urine) 16 days after IUI. This is carried out whether or not you have started bleeding. The success rate is about eight per cent in our unit.

**Side effects**

The side effects are normally minor and you should be able to cope with them. The nasal spray, if used, can cause ‘hot flushes’ similar to those experienced by women going through the menopause. Some women complain of mild headache and vaginal dryness.

The hormone injections used to stimulate the growth of follicles in the ovaries can cause some women to feel as they often do just before a period starting. Some women experience no adverse side effects at all. There are two side effects that you should carefully consider before embarking on your fertility treatment program.

- **Multiple pregnancies**

As with any fertility enhancing treatment there is a possibility of a multiple pregnancy. If the treatment appears to be developing more than three follicles, we will decide that your risk is too high and we will cancel that particular cycle of treatment. This allows the ovaries to rest before trying the treatment again.

- **Ovarian hyperstimulation syndrome (OHSS)**

There is a condition called OHSS which can occur with stimulation of the ovaries. In some women, sensitivity to the medicines can result in too many follicles growing, and the ovaries becoming enlarged. This condition