



**Saint Mary's Managed Clinical Service
Division of Gynaecology**

PATIENT INFORMATION LEAFLET

INDUCTION OF OVULATION

Induction of ovulation (IOO) involves stimulating the ovaries to produce one or two follicles which, hopefully, will contain an egg each. The process is used in one of two ways:

A) NATURAL INTERCOURSE

The release of the eggs is timed to coincide with either regular intercourse, thereby giving couples an opportunity to achieve a pregnancy.

This method is suitable for couples with ovulatory disorders

B) STIMULATED INTRA-UTERINE INSEMINATION (S-IUI)

Ovulation can be timed to coincide with the injection of prepared sperm into the uterus.

This method is suitable for couples with unexplained infertility, endometriosis, and mild sperm abnormalities.

WHAT IS INVOLVED IN THE TREATMENT?

You will need to ring the nurses on (0161) 276 6209 between 8.00 am and 11.00 am) on the first day of your period (the day you wake up bleeding) to request treatment.

You will be asked to attend for a blood test and a scan on Day 2 or Day 3 of your cycle.

Based on the results of these tests, you will be asked to start daily injections of gonadotrophins to stimulate the ovaries. The nurses will teach you how to self-administer these and give you a supply to keep at home.

You will then come back to the Unit on Day 8 of your cycle for another blood test and transvaginal scan so that the development of the follicles can be monitored.

You will continue with your injections and attend the Unit on days determined by the Unit until mature follicles are confirmed on the scan. This means having one or two follicles measuring around 16mm or above.

The nurses will then ask you to take an injection of hCG (Pregnyl) to stimulate ovulation.

If you are having IOO, we recommend you have intercourse every other day around this period.

If you are having IUI, you will be requested to attend the Unit with your partner the next morning. They will be asked to provide a semen sample which will be prepared in the laboratory for insemination. A few hours later that same day, you will have the IUI. The procedure is relatively painless and similar to a smear test. It will take around 15 minutes and you can carry on with your usual activities afterwards.

WHAT ARE THE RISKS?

The drugs used for this treatment are given in low doses and so are relatively safe. There is a small risk of developing ovarian hyperstimulation syndrome (OHSS) because of which you will be regularly monitored through blood tests and scans to prevent this complication.

If you develop significant nausea, vomiting, shortness of breath or have severe abdominal pain, you must contact the nurses as soon as possible on (0161) 276 6209 (between 7.30 am and 4.00 pm for emergencies). Out of hours you can call the Emergency Gynaecology Unit.

If more than 3 dominant follicles develop during treatment, the cycle might be cancelled because of the risk of multiple pregnancies. You would not be given Pregnyl and would be asked to have only protected intercourse (using condoms).

If 6 or more follicles development and you are eligible for IVF, rather than cancelling the cycle, you would be offered the chance to convert to IVF.

Please note: The Unit can only accept a finite number of requests for treatment each month, therefore it may not be possible to accept you in the month you ring to request treatment.

CONTACT DETAILS



0161 276 6000



<https://mft.nhs.uk/saint-marys/services/gynaecology/reproductive-medicine/>



Out of Hours Advice: Emergency Gynaecology Unit (EGU) - 0161 291 2561