




Intracervical Insemination Instructions

Preparation

Note: The patient should be prepared for insemination before the frozen semen is withdrawn from the tank.

- 1 Remove the top from the tank and locate the proper cane that contains the required insemination units. Specimen identification tags attached to the canes identify each specimen.
 Check the specimen identification tags to verify the depositor, as well as the recipient's name/initials.
- 2 Lift the cane to the mouth of the tank and remove one straw of semen. Each straw is labeled with the depositor canister number. The straw may be removed from the cane with forceps.
- 3 Thaw the straw in a 37°C incubator for five to ten (5-10) minutes. It is preferred that the straw be placed in the inseminator while the semen is still frozen because it is not necessary to wait until the unit thaws before loading the inseminator.

Loading the inseminator

- 1 Unpack the inseminator and remove the metal plunger.
- 2 Upon examination of the unit, note that it is heat sealed at both ends. While holding the unit level (i.e., horizontally), cut the heat-sealed portion of the unit without cutting off the white gauze plug within the straw.
 Do not hold the unit vertically or the semen may run out.
- 3 While still holding the inseminator level (i.e., horizontally), manually slide the straw – white gauze plug end last – into the inseminator. To slide the straw further into the inseminator, use the metal plunger to gently push the edge of the straw – not the gauze plug – until the end of the unit slips firmly over the white plastic tip of the inseminator.
 If the unit is not tightly sealed at this tip, the semen will leak into the inseminator.

To inseminate

Using the metal plunger, slowly push the white gauze plug until it reaches the plastic tip of the inseminator. This will force the semen out of the straw.

Insemination procedure recommendations

- 1 Remove excess cervical mucus, if present, leaving a small amount in the cervical os. Check the cervical and vaginal pH. Nitrazine pH paper is recommended. If your patient's pH is too low, IDANT Laboratories recommends a douche of ½ teaspoon (2.373 g) of baking soda to 8 ounces (236.588 mL) warm water performed about one hour prior to insemination. This can be adjusted accordingly. The patient should douche before coming to your office. The ideal pH is from 6.0 to 6.5 – do not over-alkalinize.
- 2 For intracervical insemination (ICI), insert the inseminator approximately 1 cm into the cervical os, and slowly instill the semen into the cervical canal.
- 3 The patient should remain in a reclined position with hips elevated for approximately 45 minutes. If a cervical cup is used, this position is not necessary.
- 4 IDANT Laboratories recommends that your patients use an at-home luteinizing hormone (LH) test-kit to determine ovulation. Insemination should commence within 24 hours of an LH surge, and be repeated daily until cervical mucus indicates that ovulation has occurred.