 瑪麗醫院 QUEEN MARY HOSPITAL	Department of Obstetrics and Gynaecology	Document No.	OGRM240
	Subject Information on oral fertility drug and AIH -English	Issue Date	April 2020
		Next review date	July 2022
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Information on Oral Fertility Drug and Artificial Insemination of Husband's Semen

Question: What do “ovarian stimulation with oral fertility drug” and “artificial insemination of husband’s semen” involve?

Answer: Ovarian stimulation with clomid or letrozole involves:

- 1) using drug to stimulate the development of follicles in the ovaries and
- 2) monitoring of ovarian response by daily blood tests and pelvic ultrasound.

Artificial insemination of husband’s semen involves collection of husband’s semen, preparation of the semen in the laboratory, and insemination of the washed semen into the womb around the ovulation time i.e. intrauterine insemination.

Question: Who can be helped by this treatment method?

Answer: This treatment method may be useful for those couples suffering from infertility due to mild male factor, minimal/mild endometriosis or when no cause can be identified. The woman should have normal pelvic organs and patent fallopian tubes.

Question: What may lead to failure of this treatment method?

Answer: These include –

- 1) poor response to the drug stimulating the ovaries;
- 2) too many follicles develop and the treatment needs to be stopped because of the risk of multiple pregnancy;
- 3) failure of the husband to collect semen.

Question: Is there a higher chance of multiple pregnancy?

Answer: Yes, the chance of having multiple pregnancy is around 10%

Question: If a woman conceives with this, will there be a higher chance of fetal abnormalities?

Answer: There is no such evidence.


Question: Will there be any complications associated with this treatment?

Answer: In general, the treatment procedures are fairly safe and the complication rate is low. The possible complications include:

- 1) multiple pregnancy;
- 2) ovarian hyperstimulation syndrome (Patient may develop abdominal distention and pain, vomiting, ovarian cysts, fluid in the abdomen and the lung etc.);
- 3) pelvic infection after the insemination procedure and
- 4) fertility drugs may slightly increase the risk of ovarian cancer but the evidence is not conclusive.

Question: Is there any way to reduce the number of fetuses in case of multiple pregnancy?

Answer: The chance of having high-order multiples with the use of clomid and intrauterine insemination is low. However, in patients who carry 3 or more fetuses, the option of selective fetal reduction can be considered. The procedure, however, is not without risks and may result in loss of all fetuses.


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Instruction Sheet for Oral Fertility Drug and Artificial Insemination of Husband Semen

Please read the following instructions carefully and make sure that you understand what you have to do. The success of this treatment depends very much on your co-operation.

(Affix patient's label)
Patient's name &
ID number

1. Your first treatment cycle will be started in _____ (mm) _____ (yy)
2. You will be given a course of clomid 100mg or letrozole (2.5-5 mg) which you have to take once a day from the 2nd to the 6th day of your period for 5 days.
3. **On the second day of your period in _____/_____(mm/yy), WhatsApp this to 94511371 on day 2-3 of the cycle to inform the staff. Or call 22553657 and leave a message.**
The first day of the period: _____/_____/_____(dd/mm/yyyy)
4. On the 10th day of your period, you have to come to K5 North, Queen Mary Hospital at 7:30 in the morning for transvaginal pelvic ultrasound.
5. When the leading follicle is above 14 mm in diameter, you will check urine for LH surge. Once the LH surge is detected, the insemination procedure will be performed on the next day. You will be informed about the timing of the procedure.
6. When required, transvaginal pelvic ultrasound may be repeated. HCG will be given to trigger ovulation and the insemination procedure will be performed around 36 hours after the hCG injection.
7. Your husband has to submit a semen sample to our semen laboratory 2 hours before the insemination procedure. There is no need to take drugs to support the luteal phase.
8. If the cycle is successful, urine for pregnancy test and scanning will be arranged accordingly.
9. If the cycle fails, menstruation will return about 14 days after the LH surge or the injection to induce ovulation. You should come back on the 2nd day of your period for the prescription of another course of clomid or letrozole and proceed to further treatment cycles. Again, you have to take clomid or letrozole on the 2nd – 6th day of your period and come to K5 North for daily blood taking starting from the 10th day.
10. In general, 3 treatment cycles will be offered. (Treatment may be stopped earlier in certain situations)
11. If you still have any query, please call us at 2255-3657 and leave a message. Our staff will call back as soon as possible.


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Instruction Sheet for Oral Fertility Drug as Ovulation Induction

Please read the following instructions carefully and make sure that you understand what you have to do. The success of this treatment depends very much on your co-operation.

(Affix patient's label)
Patient's name &
ID number

1. Your first treatment cycle will be started in _____ (mm) _____ (yy)
2. You will be given a course of clomid 50-150mg or letrozole (2.5-7.5 mg) which you have to take once a day from the 2nd to the 6th day of your period for 5 days.
3. **On the second day of your period in _____/_____(mm/yy), WhatsApp this to 94511371 on day 2-3 of the cycle to inform the staff. Or call 22553657 and leave a message.**
The first day of the period: _____/_____/_____(dd/mm/yyyy)
4. Starting from the 12th day of your period, you have to come to K5 North, Queen Mary Hospital at 7:30 in the morning for transvaginal pelvic ultrasound.
5. You should have intercourse 2-3 times per week.
6. HCG may be given to trigger ovulation in some cases. There is no need to take drugs to support the luteal phase.
7. If the cycle is successful, urine for pregnancy test and scanning will be arranged accordingly.
8. If the cycle fails, menstruation will return. You can take clomid or letrozole on the 2nd – 6th day of your period. Usually there is no need to do the transvaginal pelvic ultrasound monitoring in subsequent cycles.
9. In general, 6 treatment cycles will be offered. (Treatment may be stopped earlier in certain situations)
10. If you still have any query, please call us at 2255-3657 and leave a message. Our staff will call back as soon as possible.

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Instruction Sheet for Artificial Insemination of Husband Semen in Natural Cycles

Please read the following instructions carefully and make sure that you understand what you have to do. The success of this treatment depends very much on your co-operation.

(Affix patient's label)
Patient's name &
ID number

- Your first treatment cycle will be started in _____ (mm) _____ (yy)
- On the second day of your period in _____/_____(mm/yy), WhatsApp this to 94511371 on day 2-3 of the cycle to inform the staff. Or call 22553657 and leave a message.**
The first day of the period: _____/_____/_____(dd/mm/yyyy)
- On the 10th day of your period, you have to come to K5 North, Queen Mary Hospital at 7:30 in the morning for transvaginal pelvic ultrasound.
- When the leading follicle is above 14 mm in diameter, you will check urine for LH surge. Once the LH surge is detected, the insemination procedure will be performed on the next day. You will be informed about the timing of the procedure.
- When required, transvaginal pelvic ultrasound may be repeated and HCG will be given to trigger ovulation and the insemination procedure will be performed around 36 hours after the hCG injection.
- Your husband has to submit a semen sample to our semen laboratory 2 hours before the insemination procedure. There is no need to take drugs to support the luteal phase.
- If the cycle is successful, urine for pregnancy test and scanning will be arranged accordingly.
- If the cycle fails, menstruation will return about 14 days after the LH surge or the injection to induce ovulation. You should WhatsApp or call us on the 2nd day of your period and come up again on the 10th day of your period.
- In general, 6 treatment cycles will be offered. (Treatment may be stopped earlier in certain situations).
- If you still have any query, please call us at 2255-3657 and leave a message. Our staff will call back as soon as possible.