

July 9, 2010

Dear patients,

In our effort to help you achieve your goals, our team at Strong Fertility Center strives to deliver the highest quality care based on the best available evidence. We want to ensure you that if your treatment plan is modified by our recent decision to close our offices on Sundays and holidays, the changes we have implemented will have no detrimental impact on your success rates, and are based on well-established, peer-reviewed data.

One of the most significant changes involved will be the timing of intrauterine inseminations (IUI) on the weekends. Traditionally, IUI is performed approximately 36 hours following Ovidrel administration, or on the day following the detection of a positive urine ovulation predictor kit, in order to synchronize insemination with the time of ovulation. This practice will not change during the week, however, closing on Sundays will effect the weekends as outlined below:

- **For patients using Ovidrel:** If you are instructed to use this medication on a Friday evening, you will now undergo IUI Saturday morning, approximately 12 hours after Ovidrel injection. A careful and critical review of our own data, as well as the medical literature, demonstrates that pregnancy rates are identical in patients undergoing IUI 12 or 36 hours following Ovidrel administration (Propst, 2007). In fact, because of the narrow window of fertilization, insemination prior to ovulation (12 hours) may lead to higher pregnancy rates; we will be evaluating this new practice as we move forward, as we are always eager to incorporate changes that will translate to higher success rates.
- **For patients using ovulation predictor kits (urinary LH testing):** You will test your urine and schedule IUI in the usual fashion from Sunday through Friday. On Saturdays, you will now test your urine early in the morning (preferably not the first urine of the day), and call by 9am with a positive result in order to schedule IUI for that same day. Phone lines will be open Saturday mornings from 7:30 to 9:00am for this purpose. Evidence shows that treatment cycles incorporating IUI in the pre-ovulatory phase (on the day of a positive test result) have pregnancy rates that are equivalent to those in which IUI is performed the following day (Cantineau, 2010).

Please feel free to discuss these changes with your care providers if you have additional questions, and thank you for the privilege of being involved in your care.

With warm regards,

Kathleen Hoeger, M.D.  
Adam Griffin, M.D.  
Vivian Lewis, M.D.  
John Queenan, M.D.

References:

- Propst AM, et al. Pre-ovulatory vs. ovulatory intrauterine insemination in controlled ovarian hyperstimulation cycles. *Fertility and Sterility* 2007;88:S172-173.
- Cantineau AEP, et al. Synchronised approach for intrauterine insemination in subfertile couples (a Cochrane Review). *The Cochrane Library* 2010, Issue 4. [www.thecochranelibrary.com](http://www.thecochranelibrary.com)