

You have signed an agreement for Coastal Women's Healthcare to inseminate you with donor sperm. Since you are investing time, money and emotional energy in this process, we want to do all we can to help you achieve a pregnancy.

Coastal Women's Healthcare is committed to providing our patient's with the highest level of care. In keeping with that effort, we have made some changes to our donor fertility program. Please read this information carefully, keep it for future reference, and understand that we encourage you to discuss any aspect of this with your doctor or nurse.

Sperm is available for you to purchase through California Cryobank (www.cryobank.com) and New England Cryogenics (www.necryogenic.com). All frozen sperm has been prescreened for sexually transmitted diseases and has been quarantined for a minimum of 90 days prior to release as recommended by the American Fertility Society. As of 2007, specimens sold should have FDA required paperwork which includes the summary of care on the donor and who the sperm is sold to. Coastal Women's Healthcare will **only** perform intrauterine insemination with donor sperm from California Cryobank or New England Cryogenics, accompanied by the FDA required paperwork, and for the patient who is listed as the purchaser of the donor sperm. To purchase donor sperm, you will have to set up an account, browse the donor catalog, and purchase your choice. The cryobank will ship your specimens to our office and we will charge a \$50.00 per month storage fee. Our office will **only** accept **three specimens** at a time, in cryo-vials **only** (no straws please), so please take this in to consideration when placing your order.

Inseminations are offered Monday through Friday at Coastal Women's Healthcare. Saturday inseminations will be performed at Boston IVF. Coastal has had a close working relationship with Boston IVF for many years and plan on continuing our relationship with them. Boston IVF is located less than 1 mile from our office, northbound on Route 1, at 778 Main Street Suite 2, in South Portland. Their contact number is 207-358-7600.

Insemination hours are as follows:

Coastal Women's Healthcare

Monday, Tuesday, Wednesday, Thursday 10:00am to 3:00pm

Friday 10:00am to 12 noon

Boston IVF

Saturday 8:00am

IN ORDER TO SCHEDULE AN IUI, YOU MUST CALL OUR OFFICE BY 12 NOON ON THE DAY PRIOR. TO SCHEDULE A SATURDAY IUI, YOU MUST CALL OUR OFFICE BY 10:00 am on FRIDAY. If a holiday is on or near the day you may need insemination, please call us a few days in advance to discuss our schedule.

If you are to be inseminated at Boston IVF, they request a copy of your last visit, demographic information and donor semen information that we will release to them. They will contact you directly with instruction and an appointment. A government photo ID (driver's license) will be required upon check-in. Boston IVF is accommodating you by providing a physician and/or a nurse, so please be aware that your appointment on Saturday is not subject to change after 12 noon on Friday. Payment is expected at the time of service.

FOR THOSE USING OVULATION PREDICTOR KITS

The luteinizing hormone (LH) surge test you are using is designed to predict ovulation within 20 to 40 hours after the LH hormone appears in your urine. We recommend that you test mid-morning and not with the first urine of the day. If it indicates an LH surge, call the office by 12 noon to schedule your insemination for the next day.

PREPARATION OF SPECIMEN

In order to achieve maximum motility of the semen specimen, our lab will start the thawing process sixty minutes prior to your scheduled IUI in the office. The cost for the preparation of the specimen is \$50.00 and the cost of the IUI procedure is \$258. Please be aware that if you do not show for this appointment or if you have to cancel with less than an hour and a half hour notice, you will be charged the cost of the procedure and Coastal Women's Healthcare will not be responsible for the loss of the semen specimen.