

### Post IUI Instructions

#### Things to expect after an IUI

- You may experience spotting after an IUI. This is normal.
  - Spotting may be bright red, pink, or brown. Please call the office if you have heavy vaginal bleeding in the days following the IUI.
- Cramping is also normal after an IUI. You can take Tylenol only for the cramping. Please call if you experience severe pain.
- Additionally, you may have some leaking of the solution used during the IUI. This is also normal.

#### Medications

- Tylenol or Extra Strength Tylenol only can be used post IUI for headaches, fever, pain, cramping, etc.
- Please avoid taking Ibuprofen (Advil, Motrin), Naproxen (Aleve), or NSAID's (non-steroidal anti-inflammatory drugs) after your IUI.
- Your treatment plan may include Progesterone support during the luteal phase.
  - Start \_\_\_\_\_ on \_\_\_\_\_ taking \_\_\_\_\_ daily  
This medication is to be ( taken orally, inserted vaginally, injected )

#### Activity

- There are no restrictions on intercourse following an IUI.
- There are no exercise or lifting restrictions.

#### Blood Work

- A progesterone level may be scheduled one week after your IUI, if indicated in your treatment plan.
- A home pregnancy test should be performed 2 weeks after IUI procedure. Call our office if you get a positive home pregnancy test. **DO NOT TEST ANY EARLIER, OR YOU MAY GET A FALSE POSITIVE TEST** (if using a trigger shot).

#### When to call the office

- If you experience severe pain, heavy vaginal bleeding, foul smelling vaginal discharge, or a fever of 101 or greater in the days following your IUI.
- If you start a full flow period before your pregnancy test.
- If you have any other questions. Our office number is (812) 842-4530. This number can be called during or after office hours.

*All of us at Boston IVF at The Women's Hospital have one common goal  
- to help you achieve your goal of building your family!!*

*Good luck!!!!*