



GANESH TEST TUBE BABY CENTRE

Dr. Archana Sharma | IVF & Gynaecology | Ghaziabad

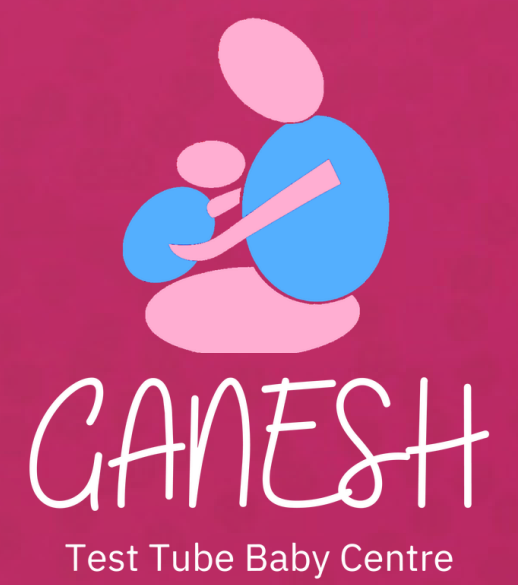


IUI PATIENT CARE GUIDE

Your Complete Guide to a
Smooth and Successful IUI Journey

This guide is prepared with love to help you take better care of yourself between your visits. Please read it carefully and follow the advice given here. Always consult your doctor before making any changes to your treatment.

BEFORE IUI PROCEDURE



- Note the date and time of IUI and reach the hospital **2 hours before** the procedure.
- Before coming to the hospital, the patient should clean the vaginal area **with lukewarm water**.
- The husband should provide **semen sample on the day of IUI** - Ideally **1 hour before the procedure**.
- The patient should take Tab. **DVN 40 Half an hour before IUI**. It will be provided at the centre.
- **Do not apply perfume**, hair oil, body lotion or any other scented products before the procedure.
- The **patient's bladder should be full** before IUI. Please take at least 2-3 glasses of water 1 hour before the procedure.
- On the day of IUI, the gap of intercourse should not be more than 2 days.
- **The patient should bring all prescribed medicines on the day of IUI.**

AFTER IUI PROCEDURE

- The patient should lie on the left side for 30 minutes after IUI.
- Avoid the following for at least 20 days:
 - Heavy lifting
 - Taking out clothes from the washing machine
 - Pulling a filled bucket
 - Eating papaya and pineapple
 - Drinking coffee and cold drinks
 - Eating outside food
 - Eating very spicy food
- β -hCG test must be done on **Day 18 after IUI**.
- **Visit the doctor** once the β -hCG report is available.
- In case of any episode of bleeding from vagina, **Do not panic** but inform your doctor immediately.
- Please take all your prescribed medications exactly as directed by your doctor. Do not stop or change any medication without consulting your doctor.



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Your health is our priority. Call us anytime with
your questions — no query is too small.



This guide is for informational purposes only and does not replace
personalised medical advice from your treating doctor.

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