



## Tips for Home Inseminations

An excerpt from: [www.scisexualhealth.ca/male-fertility](http://www.scisexualhealth.ca/male-fertility)

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1. Collect the semen into a clean, dry, plastic or glass container. Make sure there is no soap or other chemical residue in the container, and no water (water causes the sperm to clump together).
2. The semen may be quite thick at first. If you keep the sample warm for about 10 minutes, it will become more liquid, making it easier to draw up into the syringe. It is important to keep it at body temperature until it is used...many people tuck the container inside their waistband or bra while getting ready to do the insemination.
3. Using a 1cc, 3cc or 5cc needless syringe, draw up the semen into the syringe. Try to avoid drawing up too much air. To assist with this, tipping the collection container on a 45 degree angle will help the semen pool together, making it easier to draw up. Note: if there is more semen than the syringe holds, you may need to do more than one insemination.
4. You should be lying as comfortably as possible on your back with a pillow under your hips to slightly elevate your pelvis. Insert the syringe (similar to a tampon) as far back into the vagina as possible and slowly push in the plunger.
5. Avoid the use of lubricants for the insemination as they can interfere with sperm motility potentially making this insemination less effective. A sperm friendly lubricant such as pre-seed may also be considered if a lubricant is needed.
6. After the insemination, Remain lying on your back with your hips elevated for about 20-30 minutes. This will allow as many sperm as possible to move up into the uterus. Many women notice some watery discharge when they stand up and move around afterwards. This is the liquefied semen, but most motile sperm capable of fertilizing an egg have already swum into the cervix and uterus.
7. If you would like to do two inseminations during this ovulation period it is recommended to wait 24 hours before repeating this process.
8. A home pregnancy test can be done when your period is a few days late. If it is positive, make arrangements to follow up with your family doctor.

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For further information: Contact the Sexual Health Rehab Service, GF Strong Rehab Centre 604-737-6233

