



## After insemination

### Precautions after insemination

After insemination, you can live as usual.

However, we recommend that you do not take a bath in bathtub or go swimming for 48 hours after the insemination.

Throughout your fertility treatment, we recommend avoiding too hard physical exercise (hard cardio training). A good rule of thumb is that you should be able to talk while you are doing your training.

### Pregnancy test

Please take the pregnancy test provided on: \_\_\_\_/\_\_\_\_/\_\_\_\_.

It is best to take the sample on the first morning urine.

*You should always take the pregnancy test, even if you have started to have bleeding/menstruation.*

Once you have taken the test, please write us an email at [insemination@trianglen.dk](mailto:insemination@trianglen.dk). You will receive an auto-reply from us confirming that we received your e-mail also including instructions on the following videoconsultation with the nurse. The video consultation normally takes place the same or the following day.

### If the sample is positive:

Please send us an e-mail at the above address. The nurse will then contact you via video consultation and make an appointment for an ultrasound scan in 3-4 weeks. She will also talk to you about possible need for medication and other check-ups in the first weeks.

### If the test is negative:

Please wait for actual menstruation (heavy red bleeding) **before** sending an email. In the email, please state when the bleeding started (**date and time**). You will receive an auto-reply with information about the contact time for the video consultation with the nurse.

If you are taking progesterone (eg, Cyclogest), please stop the medicine. You will have your period within a few days.

### If the menstruation starts very early

If the menstrual bleeding starts less than 11 days after the insemination, please tell the nurse.

If this happens more than once, it may be worth giving you progesterone vaginal pessaries after the insemination in future treatment cycles. Progesterone given after the insemination may 'stabilize' the endometrium.