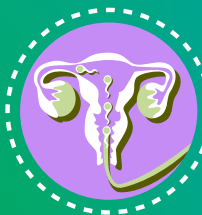


Treatment options for unexplained infertility

1. Intrauterine Insemination (IUI)



What is IUI?

Intrauterine Insemination (IUI) is a **common first step** in treating unexplained infertility.

It involves placing sperm directly into the uterus around the time of ovulation, which increases the chances of sperm reaching the fertilised egg.



How It Works

Often, IUI is combined with medications that **stimulate the ovaries to release more eggs, boosting**

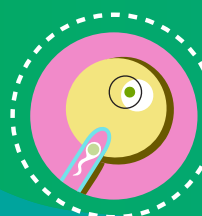
the chances of conception. This approach is less invasive & more affordable than other treatments like In Vitro Fertilisation (IVF).



Success Rates

The success of IUI varies, but **it's often the first treatment doctors recommend.** While less expensive than IVF success rates of one cycle of IUI are lower so several cycles may be required.

2. When IVF is Considered



What is IVF?

In Vitro Fertilisation (IVF) is a more complicated treatment where **eggs are fertilised with sperm outside**

the body. Women have injections to stimulate the ovary and allow for collection of the eggs and the resulting embryos are then placed in the uterus.



When to Consider IVF

IVF might be considered **if IUI hasn't worked after several attempts or if the couple has been trying to conceive**

for a longer time. It's a more complex and expensive option, but it can be effective for those who haven't had success with other treatments.



Why IVF

IVF offers a **higher chance of pregnancy** compared to IUI, especially for older couples or those with underlying issues.

3. Importance of Emotional Support



Why It Matters

Dealing with infertility, especially when the cause is unexplained, can be **emotionally taxing.** The stress of repeated treatments & the uncertainty of outcomes can take a toll on both partners.



Finding Support

It's important to seek support, whether through counselling, support groups, or simply talking to friends & family. Managing stress & maintaining a positive outlook can be crucial in navigating the emotional challenges of infertility.



What to Remember

Remember, you're not alone. Many couples face similar challenges, & there are resources available to help you through this difficult time.



Go to the **Ask Fertility App** for information & support – [AskFertility.org](https://www.askfertility.org)

Visit the MCHRI website for **Consumer & Health Professional resources:** mchri.org.au/fertility-and-infertility

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