

Home Insemination: A Guide for Women Living with HIV



Photo Credit: OHSU



A woman living with HIV who wants to have children with her HIV negative partner **can become pregnant** using simple, inexpensive home insemination with no exposure to HIV.

You can get pregnant without condomless sex.

This method involves injecting the man's semen into the vagina using a syringe during the woman's most fertile time—ovulation.

What you will need:

1) Specimen cup (get from your healthcare provider or drugstore) OR a condom (without spermicide!) You will use this to collect the semen.



OR



2) Syringe with **no needle** (5-10 ml size, get from health care provider or drugstore). You will use this needle-free syringe to inject the semen into the vagina.



3) *Optional:* Ovulation Predictor Kit. (Look in pharmacy near pregnancy test kits. Some examples below.)



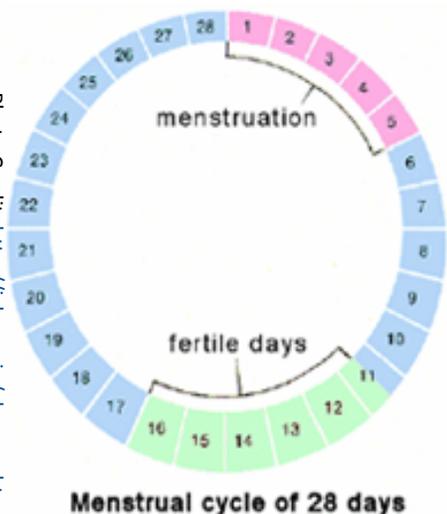
Determining the woman's fertile time (ovulation):

Home insemination during the woman's fertile time increases the chance of pregnancy. A woman's fertile time is when the egg is released from the ovary (also called "ovulation"). This is generally in the middle of the menstrual cycle. For example, for women who have their period every 4 weeks, ovulation will occur about two weeks from the first day of the last menstrual period. During ovulation, vaginal mucus becomes clear and stretchy. Some women also notice slight cramping when the egg is released.

To help figure out your ovulation days, you can buy an "ovulation kit". This measures hormones in your urine just before ovulation and helps you to know when you are most likely to get pregnant.

Check out [this video](#) for more information.

Photo Credit: <http://sk.gov.in/glossary.htm>

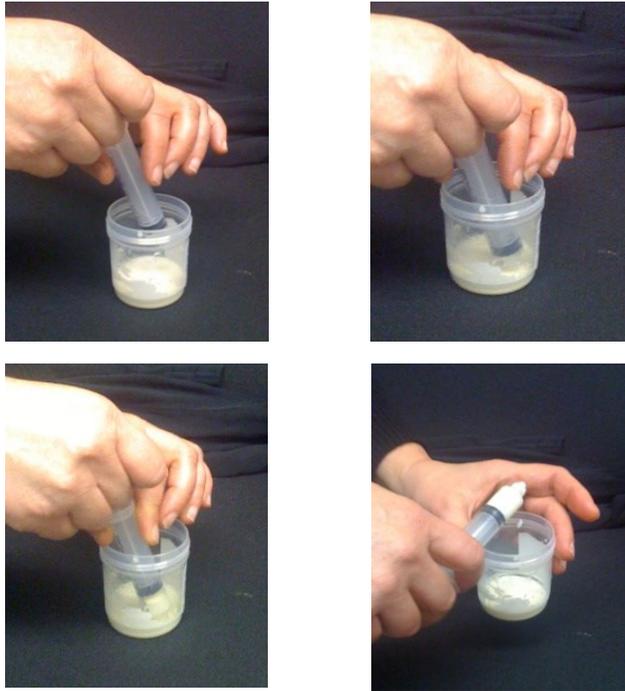


Home Insemination: Step by Step Instructions

Step 1: Collecting Semen

A. Cup method:

- Obtain semen by masturbating and aiming the ejaculate into the cup.
- Insert the tip of the syringe into the cup and pull back the inner plunger of the syringe to get the semen into the syringe.



B. Condom method:

- Have intercourse as usual, using the condom.
- After ejaculation, withdraw the penis with condom on, then carefully remove condom to avoid leaking the semen.
- Insert the tip of the syringe into the condom and pull back the inner plunger of the syringe to get the semen into the syringe.

This is a little trickier than the cup method, but does work for some couples.



Tips for using the syringe: Open the package. Before drawing up the semen, hold the syringe with one hand, and push and pull the plunger back and forth with the other hand to get used to the way it works. When the semen is ready, place the syringe tip just below the semen surface and pull back on the plunger.

Step 2: Insemination (Getting the semen into the vagina so the sperm can swim up to meet the egg):

Photo Credit: [Attain Fertility](#)



Lay on your back in a comfortable position, legs apart, with your hips slightly elevated on a pillow. Place the syringe into the vagina so that the tip is inside a few inches. The top of the syringe barrel should be at the vaginal opening, and the plunger will be outside. Hold the syringe barrel and push slowly and gently on the plunger to place the semen up close to the cervix. Take the syringe out. To keep the semen inside, you should stay lying down for about 30 minutes, with nothing put in the vagina after the syringe is taken out. During and after insemination, external sexual stimulation and orgasm may help make this process more fun.



Questions?

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