**Home Insemination: A safer way to get pregnant**

An HIV positive woman who wants to have children with her HIV negative partner can become pregnant using simple, inexpensive home insemination that involves no exposure to HIV. You can get pregnant without unprotected sex.

This method involves injecting the man’s semen into the vagina using a syringe during the woman’s fertile time (ovulation).

**What you will need:**

1. Sterile specimen cup (obtain from your healthcare provider) OR a condom (with no spermicide!) You will use this to collect the semen.

[Images of specimen cup and condom]

OR

2. Sterile syringe with no needle (5-10 ml size, obtain from health care provider). You will use this to inject the semen into the vagina.

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

[Images of ovulation predictor kits]

**Step 1: Determine the woman’s fertile time (ovulation):**

Doing home insemination during the woman’s fertile time will increase 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 woman’s 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 mucous becomes clear and stretchy. Some women also notice twinges of discomfort low in the abdomen when the egg is released. To help time conception attempts more accurately, you can buy an “ovulation predictor kit”. This measures hormones that are increased in the woman’s urine just before ovulation and helps you to know when you are most fertile or likely to get pregnant.

[Images of mucous and ovulation predictor kit]

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Step 2: 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. 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. If there are air bubbles, hold the syringe with the tip up, and tap the syringe to make the bubbles rise. Push the air bubbles out while being careful not to spill any semen. If there is still more semen, pull back on the plunger again and tap the bubbles and push out the air again if needed.

Step 3: Insemination (Getting the semen into the vagina so the sperm can swim up to meet the egg):

The woman should lie on her back in a comfortable position, legs apart, with hips slightly elevated on a pillow. Place the syringe in 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, the woman should stay lying down for about 30 minutes, with nothing put in the vagina after the syringe is taken out. After insemination, external sexual stimulation and orgasm for the woman may help make this process more fun.