

HOME INSEMINATION TIMELINE

1. FIND YOUR DONOR

The first step is to choose your sperm donor. Some families like to select for physical characteristics that resemble their own, while others have educational or other priorities.



2. PREPARE YOUR BODY

While you're considering your donor options, it's also time for you (or your partner, if they will be the gestational parent) to get a fertility workup and general health check.



3. TRACK YOUR CYCLE

You want to identify your fertile window (which takes place during the two days prior to your ovulation, and your ovulation day itself), and plan accordingly.



4. PLAN YOUR SHIPMENT

Talk to your sperm bank about shipping options, timelines, and receiving the sample on the correct day. The sample will ship with a tracking number, and will need signature for delivery.



5. SET THE MOOD

You want to create a calm, stress-free space and mood, remembering that this is the moment that you may conceive your baby. Think about lighting, music, & your comfort.



6. DO THE PROCEDURE

When you receive your vials, they will come with precise instructions for how to unpack, thaw, and administer the donor sperm specimen.



7. TAKE A PREGNANCY TEST

Test for pregnancy 12-14 days after your insemination. It is completely normal to attempt several inseminations before achieving pregnancy. This is why clients are advised to purchase multiple vials of their chosen donor.



Home Insemination Guide

H Kauffman



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