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A quick outline of steps.

- Heat check and put the boar away. This will stimulate the females into standing heat.
- 2 Wait 20-30 minutes. The delay will allow the female to cycle into refractory heat.
 - a. Standing heat starts the cervical contractions.
 - b. After 20-30 minutes the contractions will continue but will become weak allowing the cannula to traverse the cervix more easily.
- 3 Lubricate tip of the catheter.
- Load the catheter in an upward motion into the cervix and continue to gently push forward until you are no longer going through the folds with the tip of the catheter. You will feel a pop each time you pass through a fold.
 - a. If for some reason the cannula does not want to go forward, let her relax and try again, after a short break. Do not twist or pull back then forward with the catheter. This will stimulate the female back into standing heat. Only push forward.
- 5 Once the cannula tip is through the cervical folds attach the semen bottle / tube / bag and squeeze the semen bottle / tube / bag.
- 6 After insemination remove the catheter from the female by pulling the catheter back.



