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Polycystic ovarian syndrome and infertility: A randomized control trial for clomiphene citrate stair-step protocol

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Statement of the Problem: Infertility in women with Polycystic Ovarian Syndrome (PCOS) is a matter of concern in reproductive medicine. Ovulation Induction with Clomiphene Citrate (CC) is a first line treatment given in different doses. Researchers have reported that escalating the dose of CC in the same cycle after knowing the follicle size (also called stair-step protocol) is more effective than increasing it in the subsequent cycle (also called traditional protocol). However, the literature is sparse, and this study purpose is to bring light to a different and better method of using CC.

Methodology & Theoretical Orientation: A Randomized Control Trial was done in women receiving CC for OI as a stair-step protocol (SSP) in the study group the dose of CC was increased gradually from 50 mg to 150 mg when the follicle size was insufficient to look for ovulation and later pregnancy. The study group was compared to control group where the dose was increased in next cycle after every failure of the previous dose.

Findings: The women in study group using SSP has higher ovulation rate and pregnancy rate. The duration of treatment was significantly shorter in study group. The dose of 100 mg was the most effective dose for OI in either group.

Conclusion & Significance: By using SSP, effective treatment is provided in significantly shorter time in without any detrimental effect on ovulation and pregnancy rates Women with PCOS and Infertility are benefitted using SSP.

Biography

Khushbu Agrawal has completed her MD Postgraduate in Postgraduate Institute of Medical Education and Research (PGIMER), India. During her thesis course, she has conducted this study after seeing the tedious course of therapy, the patient had to go in the institute infertility clinic. With dedication and a hope of having some significant results with reference from the literature, she has performed this study. Currently, she is working in private hospital practicing Obstetrics and Gynecology.

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