

# Polycystic Ovarian Syndrome Conference

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## Triggering ovulation with gonadotropin-releasing hormone agonist versus human chorionic gonadotropin in polycystic ovarian syndrome

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**Aim:** To compare GnRH agonist to hCG for triggering ovulation in polycystic ovarian syndrome treated with clomiphene citrate

**Materials & Methods:** It is a Prospective randomized study. Eighty five infertile women with PCOS participated in a randomized allocation concealed prospective trial and had induction of ovulation with clomiphene citrate. GnRH agonist 0.2 mg subcutaneously (group-1) or hCG 10,000 IU intramuscularly (group-2) was given to trigger ovulation. Primary outcome was mid-luteal serum progesterone, while secondary outcomes were ovulation rates and clinical pregnancy rates along 3 cycles

**Results:** No difference was found between group-1 and group-2 regarding mean serum progesterone and clinical pregnancy rates in each cycle. Cumulative pregnancy rates were similar (17.14% vs. 20% respectively;  $P=0.332$ ). Ovulation rates were 80% vs. 68.6% ( $P=0.413$ ); 94.3% vs. 90.9% ( $P=0.669$ ); 97.1% vs. 93.7% ( $P=0.603$ ) in the two groups respectively. However, a significant rise in number of patients with mid-luteal serum progesterone  $>10$  ng/mL was noted in the 3rd cycle among both groups, ( $P<0.0001$  for group-1 while  $P=0.007$  for group-2).

**Conclusion:** Triggering ovulation with GnRH-A after treatment with clomiphene citrate in PCOS, in view of its known protective effect against OHSS, may be an effective physiological alternative to conventional hCG without compromising luteal function and pregnancy rates after repeated cycles of treatment.

### Biography

Amr Hassaan Farag has obtained his Masters and MD from Ain Shams University, Egypt. He has obtained MRCOG degree from UK and Award of Med Ed from Warwick University, UK. He is a Member of Egyptian Gynecological Cancer Society, RCOG and is RCOG Tier two Educator in Postgraduate Obstetrics and Gynecology. He is a Lecturer of Obstetrics and Gynecology in Ain Shams University, Egypt and a Specialty Doctor in Warwick Hospital, UK. He has participated in more than ten research projects as: "The role of endometrial Leukemia Inhibitory Factor gene expression in failure of implantation after Intracytoplasmic Sperm Injection" and Intrauterine insemination timing after hCG administration in unexplained infertility. Does it matter? He has six publications in peer-reviewed journals with an interest in reproductive medicine and has three papers under review for publishing. He is a Member of the Editorial Board of "Obstetrics and Gynecology International Journal" and a reviewer for "Journal of Fertilization: In Vitro, IVF Worldwide, Reproductive Medicine, Genetics & Stem Cell Biology".

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