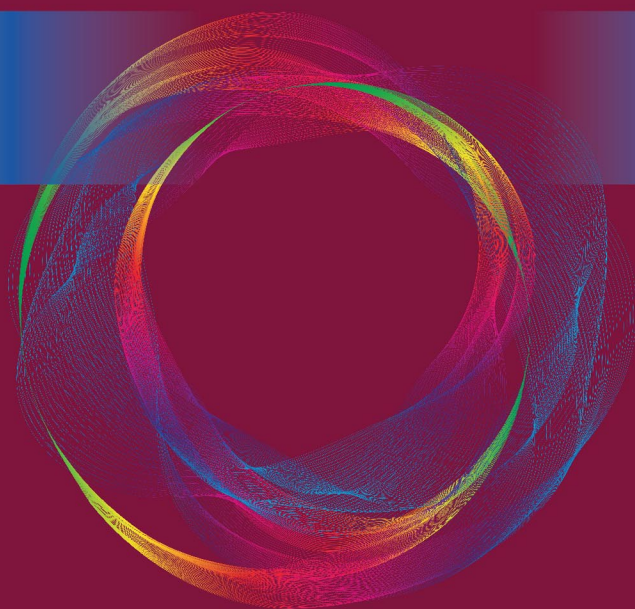


Manual of Ovulation Induction & Ovarian Stimulation Protocols

4th
Edition



Editors

**Gautam Nand Allahbadia
Akanksha Allahbadia Gupta
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SECTION 1: Fundamentals of Stimulation

1. Regulation of the Menstrual Cycle and the Effect of Controlled Ovarian Hyperstimulation on Cycle Characteristics3
Peter Kovacs
2. Predictors of Ovarian Response to Controlled Ovarian Stimulation 15
Rohit Gutgutia
3. Clinical Significance of Antral Follicle Count and Anti-Müllerian Hormone in Predicting the Stimulation Outcome 24
Akanksha Allahbadia Gupta, Swati Gautam Allahbadia, Gautam N Allahbadia
4. Human Ovulation and Transvaginal Sonography 32
Gautam N Allahbadia, Swati Gautam Allahbadia, Akanksha Allahbadia Gupta
5. Significance of Monitoring Folliculogenesis 42
Niket Patel, Nayana Patel, Molina Patel, Sachin Dhaduk
6. Identification of Patients at High Risk of Excessive Response to Ovarian Stimulation 50
Devika Gunasheela
7. Impact of Repeated Ovarian Stimulation on the Ovarian Reserve 59
Anil A Gudi, Amit K Shah
8. Luteinizing Hormone Activity in Ovarian Stimulation for In Vitro Fertilization: Is it Indispensable? 66
Neha G Virk, Charanjeet Kaur, Gauravdeep Singh Virk
9. Luteal Phase Support in Controlled Ovarian Hyperstimulation Protocols: Why and How? 70
Shilpa S Saple, Soumya Ramesh

SECTION 2: Ovarian Stimulation Regimens

10. Ovarian Stimulation Protocols for Intrauterine Insemination 83
Onur Yavuz, Recep Emre Okyay, Bülent Gülekli
11. Clomiphene Citrate for Ovarian Stimulation 89
Akanksha Allahbadia Gupta, Swati Gautam Allahbadia, Gautam Allahbadia

12. Combination Protocols using Clomiphene Citrate or Aromatase Inhibitors with Gonadotropins	101
<i>Gil Gutvirth, Eitan Lunenfeld</i>	
13. Clinical Application of Recombinant Follicle-stimulating Hormone	110
<i>Mete Isikoglu</i>	
14. Ovarian Stimulation Protocols of the 2020s using Recombinant Luteinizing Hormone and Recombinant Human Chorionic Gonadotropin.....	121
<i>Aishwarya Nupur, Santosh Kumar Jena</i>	
15. Step-up Protocol in In Vitro Fertilization/Intracytoplasmic Sperm Injection.....	128
<i>Deepthi Ramineedi, Durga G Rao</i>	
16. Step-down Stimulation Protocol for In Vitro Fertilization.....	137
<i>Riadh Ben Temime, Antoine Abu Musa, Luciano G Nardo</i>	
17. Role of Gonadotropin-releasing Hormone Agonists in Ovulation Induction.....	142
<i>Tanu Batra, Neetu Choudhary, Farendra Bhardwaj</i>	
18. Gonadotropin-releasing Hormone Antagonist Protocols: Fixed versus Flexible	153
<i>Rohani Nayak</i>	
19. Gonadotropin-releasing Hormone Agonists versus Gonadotropin-releasing Hormone Antagonists for Ovarian Stimulation: Pros and Cons.....	158
<i>Manisha Takhtani Kundnani</i>	
20. Fine-tuning the Role of Antagonist in Assisted Reproductive Technology Programs.....	167
<i>Pankaj Talwar VSM, Nisha Bhatnagar</i>	
21. Evaluation of the Luteal Phase in Gonadotropin-releasing Hormone Agonist/Antagonist In Vitro Fertilization Protocols.....	178
<i>C Geetha Haripriya</i>	
22. Recombinant Human Follicle-stimulating Hormone versus Human Menopausal Gonadotropin for Controlled Ovarian Stimulation in Gonadotropin-releasing Hormone Agonist Downregulated Cycles.....	189
<i>Praful Doshi</i>	
23. Can Endogenous Luteinizing Hormone Support Treatment with Recombinant Follicle-stimulating Hormone Only in a Gonadotropin-releasing Hormone Antagonist Protocol in Normogonadotropic Patients?	199
<i>Vandana Bhatia, Aneesha M Grover, Sonia Malik</i>	

24. Efficacy of Recombinant Luteinizing Hormone Supplementation to Recombinant Follicle-stimulating Hormone in Gonadotropin-releasing Hormone Agonist Cycles 207
Sulbha Arora, Ayushi Vazirani
25. Substitution of Recombinant FSH by Low-dose hCG in the Late Follicular Phase in a GnRH Antagonist Protocol: Is it Clinically Effective? 218
Shweta Mittal Gupta, Neha Khatri
26. Luteal Estradiol Pretreatment in Gonadotropin-releasing Hormone Antagonists Cycle versus Long Agonist Cycle 224
Manisha Takhtani Kundnani
27. Impact of Long Gonadotropin-releasing Hormone Agonist and Gonadotropin-releasing Hormone Antagonist Stimulation Protocols on Endometrial Receptivity 233
Apoorva Pallam Reddy, Rajeev Agarwal
28. Efficacy of Clomiphene Citrate in Preventing Premature Luteinizing Hormone Surge During Controlled Ovarian Stimulation with Human Menopausal Gonadotropins 239
Sushma BR, Pavana H Hinder
29. Pretreatment with Oral Contraceptives Prior to Stimulation: Does it Help? 247
Aarti Deendayal, Anupama Mettler

SECTION 3: Aromatase Inhibitors for Ovarian Stimulation

30. Aromatase Inhibitors for Ovulation Induction: Indications and Clinical Outcomes 259
Mohamed Elkalyoubi, Hena Zaheer, Larissa Schindler
31. Clomiphene Citrate versus Aromatase Inhibitors: Mechanism of Action 270
Hisham Mitwally, Khaled Mitwally, Ahmed Mitwally, Mohamed Mitwally
32. Clinical Efficacy and Safety of Letrozole versus Clomiphene Citrate for Ovulation Induction in Women with Polycystic Ovary Syndrome 281
Preeti Yogesh Bhandari, Elsamawal Ali Abdalla Elhakim

SECTION 4: Ovulation Induction in Polycystic Ovary Syndrome

33. Induction of Monofolliculogenesis in Patients with Polycystic Ovary Syndrome 293
Raoul Orvieto, Roy Homburg

34. Low-dose Step-down Regimen for Ovulation Induction in Polycystic Ovarian Syndrome	297
<i>Raman Patel</i>	
35. Chronic Ultralow-dose Step-up Protocol for Patients with Polycystic Ovary Syndrome	306
<i>Sima S Nagawkar Perlov, Yuval Or</i>	
36. GnRH Agonist versus Antagonist Protocols for Controlled Ovarian Hyperstimulation in Women with Polycystic Ovary Syndrome	314
<i>Laurel A Stadtmauer</i>	
37. Influence of Body Mass Index on the IVF Outcome in PCOS Patients Undergoing Stimulation with GnRH Agonist or GnRH Antagonists	324
<i>Himanshu Bavishi, Janki Bavishi, Parth Bavishi</i>	
38. Role of Adjuvant Glucocorticoids in Ovarian Stimulation for Polycystic Ovary Syndrome	332
<i>Dhaval Baxi</i>	
39. Metformin Therapy in Clomiphene-resistant Polycystic Ovarian Syndrome.....	339
<i>Sujata Pradhan, Akshya Kumar Mahapatro, Padmalaya Thakur</i>	
40. Mechanism of Action of Metformin for Ovulation Induction in Polycystic Ovary Syndrome Patients	348
<i>Lipsa Mishra</i>	
41. Clomiphene Citrate, Metformin, or Both for the Treatment of Anovulatory Women with Polycystic Ovary Syndrome: Evidence-based Recommendations	355
<i>Arianna D'Angelo, Alessia Mahoney</i>	
42. Effects of Metformin on Reproductive, Endocrine, and Metabolic Characteristics of Subfertile Women with PCOS: An Evidence-based Review.....	365
<i>Preeti Yogesh Bhandari, Elsamawal Ali Abdalla Elhakim</i>	
43. Laparoscopic Ovarian Drilling for Surgical Induction of Ovulation in Polycystic Ovary Syndrome.....	375
<i>Ameja B Padmawar, Gautam N Allahbadia, Akanksha Allahbadia Gupta</i>	

SECTION 5: Ovulation Triggering

44. Role of the Gonadotropin-releasing Hormone Agonist as an Ovulation Trigger	391
<i>Surabhi Tomar, Sapna Basandani, Neelam Kumari</i>	

45. Recombinant Luteinizing Hormone, Recombinant Human Chorionic Gonadotropin, and Gonadotropin-releasing Hormone Agonist to Trigger Ovulation: A Critical Evaluation 398
Baris Ata, Savci Bekir Telek
46. Luteinizing Hormone and Follicle-stimulating Hormone Surges for Final Oocyte Maturation: Is a Dual Surge Beneficial? 404
Suman Puri, Aneesha Puri

SECTION 6: Complications of Controlled Ovarian Hyperstimulation

47. Complications of Controlled Ovarian Stimulation 413
Aniruddha Malpani, Anjali Malpani
48. Biophysical Model of Ovarian Hyperstimulation Syndrome Predicting Its Prevention and Treatment with Calcium Gluconate Solution 422
SA Yakovenko
49. Role of In Vitro Maturation in High Responders and Patients at Risk of Ovarian Hyperstimulation Syndrome Undergoing Assisted Reproductive Technology 431
Gayatri Satpathy

SECTION 7: Poor Responders

50. Canceled Cycles in Poor Response: What Next? 441
Ricardo H Asch Schuff, Marlene L Zamora Ramírez
51. Management Options for Poor Responders to Controlled Ovarian Stimulation 459
Kedar N Ganla, Priyanka H Vora, Kairavi Gokani
52. The Efficacy of Microdose GnRH Agonist Flare versus GnRH Antagonist/Letrozole Protocols in Poor Responders Undergoing In Vitro Fertilization 471
Shivani Bhutani, Sarabjeet Singh, Jyotsna Gupta
53. Optimum Maximum Gonadotropin Dosage in Poor Responders 479
Murat Berkkanoglu, Kevin Coetzee, Kemal Ozgur
54. Role of Androgens in the Treatment of Patients with a Low Ovarian Response 489
Aanchal Garg
55. Addition of Growth Hormone to Stimulation Protocols for Poor Responders: Is it Beneficial? 514
Martha Isolina García Amador, Luis Arturo Ruvalcaba Castellón

56. Criteria for Cycle Cancellation in Poor Responders to Ovarian Stimulation 528
Jyoti Tripathi, Aswati Nair, Sulbha Arora

57. Contribution of In Vitro Maturation to Ovarian Stimulation Cycles in Poor Responders..... 535
Andrea Borini, Scaglione Salvatore

SECTION 8: Mild Stimulation Protocols and Natural Cycle IVF

58. Embarking on Natural Cycle In Vitro Fertilization: When and How? 547
Sunita Chandra, Suhani Chandra

59. Value of Modified Natural Cycle In Vitro Fertilization in Normal Ovarian Responders 555
Biswanath Ghosh Dastidar, Sudarsan Ghosh Dastidar

SECTION 9: Advances in Stimulation Science

60. Corifollitropin Alfa: A Treatment Option for Patients Undergoing Controlled Ovarian Stimulation for In Vitro Fertilization/Intracytoplasmic Sperm Injection..... 563
Paulami Dey

61. Applicability and Reproducibility of Sonography-based Automated Volume Count in Monitoring Follicular Growth 577
Soumya Dash

62. Multiple Stimulation in Personalized Treatment to Meet Different Patient Expectations..... 583
Aron Łukaszuk, Jakub Łukaszuk, Krzysztof Łukaszuk

Index 593

Induction of Monofolliculogenesis in Patients with Polycystic Ovary Syndrome

Raoul Orvieto, Roy Homburg

ABSTRACT

Chronic low-dose (CLD) follicle-stimulating hormone (FSH) regimens for induction of ovulation for women with polycystic ovary syndrome (PCOS) result in reduced ovarian hyperstimulation syndrome (OHSS) rate to almost zero, with pregnancy rates of 40% and multiple live birth rates of 5.1%. This has been achieved without compromising the success rate when compared to conventional treatments. The latest evidence-based guidelines on infertility treatment related to PCOS concluded that low-dose FSH protocols are effective in achieving ovulation in women with PCOS, but refinement to better control the safety of the low-dose FSH protocols can be achieved if ovulation is only triggered when there are fewer than three mature follicles and canceled if there are more than two mature follicles. Many strategies have been suggested in an attempt to improve CLD FSH protocol outcomes, such as using a step-down instead of a step-up protocol, reducing the starting dose, and substituting FSH with human menopausal gonadotropin (hMG). While none of these strategies has proved successful in improving results, the most crucial factor in determining the rate of monofollicular ovulation and improving results appears to be the size of the dose increment. The currently available recombinant human FSH (recFSH) pens allow a dose adjustment in increments of 8.3 or 12.5 IU with one “click” on the dial, at intervals of 7 days, as necessary. This chronic ultralow-dose regimen is more compatible with Brown’s FSH threshold concept. By employing these ultralow doses, the FSH threshold can be accurately found without being exceeded thereby considerably reducing the chance of multifollicular development and its associated risks. Additionally, this chronic ultralow-dose approach significantly reduces the amount of gonadotropin needed and has a low cycle cancellation rate.

■ INTRODUCTION

Chronic low-dose (CLD) follicle-stimulating hormone (FSH) regimens for induction of ovulation for women with polycystic ovary syndrome (PCOS) have been a breakthrough, resulting in reduced ovarian hyperstimulation syndrome (OHSS) rate to almost zero, with pregnancy rates of 40% and multiple live birth rates of 5.1%.¹ This has been achieved without compromising the success rate when compared to conventional treatments that report a 34% rate of multiple pregnancies and a 4.6% occurrence of severe OHSS.²

The low-dose FSH therapy is based on Brown's FSH threshold concept, which suggests that follicular development begins only once a specific FSH threshold level is achieved.³ Moreover, only a minor elevation of FSH concentrations (10–30% above the threshold level) is sufficient to stimulate normal follicle development, whereas a further increase might cause excessive stimulation.

In contrast to conventional therapy that consists of supraphysiological doses of FSH which stimulate a large cohort of follicles and rescue also those destined for atresia, the low-dose regimen aims to reach but not exceed the threshold level of FSH. This principle is achieved by employing the classic low-dose FSH regimen⁴ that uses a low starting dose of gonadotropin (usually 50–75 IU FSH) for 7–14 days without alteration and followed, if necessary, by a weekly small FSH dose increment of 50% of the initial or previous FSH dose, until follicular development starts. The effective dose is then maintained until human chorionic gonadotropin (hCG) administration criteria are met.

- Using this low-dose protocol, mono-ovulation is achieved in a remarkably consistent figure of around 70% of treatment cycles,^{1,5-7} resulting in the aforementioned acceptable outcomes.
- The latest evidence-based guidelines on infertility treatment related to PCOS⁸ concluded that low-dose FSH protocols are effective in achieving ovulation in women with PCOS, but refinement to better control the safety of the low-dose FSH protocols can be achieved if ovulation is only triggered when there are fewer than three mature follicles and canceled if there are more than two mature follicles.

Many strategies have been suggested in an attempt to improve CLD FSH protocol outcomes, such as using a step-down instead of a step-up protocol,⁹⁻¹¹ reducing the starting dose to 37.5¹² or 52.5 IU,⁵ substituting FSH with human menopausal gonadotropin (hMG),¹³ or shortening the initial dose duration by cutting down the initial dose duration of administration from 14 to 7 days without a change of dose.¹ None of these strategies has proved successful in improving results. However, the most crucial factor in determining the rate of monofollicular ovulation and improving results appears to be the size of the dose increment. In a large randomized controlled trial (RCT) of low-dose step-up protocol, smaller weekly increments of 25 IU in the daily dose were proven more effective and efficient than larger ones (50 IU).¹⁴

With the introduction of recombinant human FSH (recFSH) pens, an incremental dose rise of just 8.3 or 12.5 IU (16.6% of the initial FSH dose) could be achieved. This increment is significantly lower than the up-to-then widely used and accepted 50% increment and is more compatible with Brown's FSH threshold concept.

In 2009, we demonstrated¹⁵ that using a weekly incremental dose as small as 8.3 IU of FSH in a chronic ultralow-dose step-up protocol for anovulatory

PCOS produced very good clinical results with an excellent safety profile. While utilizing a significantly lower incremental (16.6% of the initial dose) and total (622+286 IU) gonadotropin dose, as compared to the widely used and accepted low-dose gonadotropins regimen, a clinical pregnancy rate of almost 30% per started cycle has been achieved with just one twin gestation and no case of even mild OHSS.

The currently available recFSH pens allow a dose adjustment in increments of 8.3 or 12.5 IU with one “click” on the dial. The incremental dose rise of this order, at an interval of 7 days, as necessary, is applied until the initiation of follicular development. The secret of success in low-dose gonadotropin protocols is to achieve a high rate of mono-ovulation. The use of minimal incremental dose rise helps to attain this goal. By employing an incremental dose rise of just 8.3 or 12.5 IU, the FSH threshold can be accurately found without being exceeded thereby considerably reducing the chance of multifollicular development and its associated risks. Additionally, this chronic ultralow-dose approach significantly reduces the amount of gonadotropin needed and has a low cycle cancellation rate.

■ CONCLUSION

Using a minimal and manageable dose increase of 8.3 or 12.5 IU when required proves to be effective. It achieves nearly a 30% clinical pregnancy rate per cycle, with a negligible rate of multiple gestations and no cases of even mild OHSS.

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Manual of Ovulation Induction & Ovarian Stimulation Protocols

Manual of Ovulation Induction and Ovarian Stimulation Protocols is a concise monograph that aims to deliver everything the reader needs to know for performing a risk-free ovarian stimulation for medically assisted reproduction (MAR) and get a favorable outcome. Review of crucial issues such as the significance of monitoring ovarian stimulation, advantages and disadvantages of controlled ovarian hyperstimulation versus minimal stimulation, and the use of various drug regimens and stimulation protocols for various patient sub-sets, will help clinicians in selecting evidence-based and more appropriate protocols. The contributors of this book have leading scientific and clinical backgrounds, with years of experience to support their views. The book serves as a handy practical guide, targeting and settling clinical dilemmas that gynecologists commonly experience in their clinics while providing a window to the newer developments. This book will also be useful to practicing reproductive endocrinologists by way of continuing medical education.

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