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Low ovarian stimulation using tamoxifen/FSH compared to conventional IVFA cohort comparative study in conventional IVF treatments

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Abstract

Background:

Over the last decade, the laboratory procedures in artificial reproduction have improved, thus fewer eggs are necessary. Therefor mild stimulations have been introduced to reduce the risk for the patient and patient drop outs in treatment. The present study was designed to evaluate the efficacy of low stimulation with Tamoxifen and FSH in a routine IVF clinic.

Material and methods:

A total of 2,709 regular short antagonist IVF cycles were compared to 170 Tamoxifen low stimulation IVF cycles. All patients were recruited in the same time period and allocated to the different treatments on their own request.

Results:

No differences in age and number of previous cycles were found in between the groups. The clinical pregnancy rate was found to be significantly lower in the Tamoxifen treated group (20% versus 26%), however we did not find any significant pregnancy rate following transfer (31% Tamoxifen group versus 28% in conventional IVF). We found lower number of visits, lower costs for medication, less side effect and better acceptance for treatment in the Tamoxifen group.

Conclusion:

Although we found a lower pregnancy rate per started cycle, the pregnancy rate per transfer was equal and better accepted by the patients.