FOLLICULAR MONITORING OF 100 MENSTRUAL CYCLES

By

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SUMMARY

Follicular study was conducted in 70 infertile women during their 100 menstrual cycles by pelvic sonography. The patients selected were an ovulatory group. Clomiphene with 5000 International Units of HCG was good as an ovulatory dose with follicular rupture. AIH was advised in 10 women and 3 resulted in pregnancy. The predictive value of cervical scoring was not reliable.

Introduction

Many methods of predicting ovulation have been developed in recent years. Follicular monitoring by pelvic sonography, hormone assays, basal body temperature and cervical mucus studies are used to time ovulation in spontaneous and stimulated cycles.

Material and Methods

This study group consisted of 100 anovulatory cycles stimulated with the following protocols:

- Clomiphene citrate 50 mgs daily from 5th to 9th day. The dose of clomiphene was stepped up to 200 mgs daily when no response occurred by sonography.
- Clomiphene from 5th to 9th day and when follicular maturation size was 18-25 mm an ovulatory dose of 5000 International Units of HCG was given.

Some cases were simultaneously monitored by cervical scoring. Pelvic sonography was done daily after profasi for evidence of follicular rupture. When ovulation was detected, the women were advised to have coitus for three to four days from the day of the optimum size of the follicles. Serial oestradiol estimation simultaneously done with pelvic sonography could have been very useful but was not done due to non-availability of radio-immunoassay in our set up. AIH was advised in 20 cycles of 10 women.

Results

Table I shows the particulars of Clomiphene given alone in 95 cycles.

Out of 95 cycles induced with clomiphene, 74% had optimum follicle development.

Table II shows particulars of Clomiphene with Profasi given in 40 cycles.

Of the 40 cycles, 31 women had follicular rupture after ovulatory dose of 5000 I.U. of HCG, 2 women after 10,000 I.U. and one after 2000 I.U. Hence, dose of 5000 I.U. was good enough for follicular rupture in majority of cases.

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