

Abstract

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Vitamin E effect on controlled ovarian stimulation of unexplained infertile women.

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PURPOSE: To determine Vit E effect on the treatment outcomes of women with unexplained infertility undergoing controlled ovarian stimulation and intrauterine insemination (IUI).

METHODS: The study group (Group A, n = 53) underwent controlled ovarian stimulation with clomiphene citrate with Vit E administration, 400 IU/day p.o. while the control group (Group B, n = 50) underwent ovulation induction without Vit E. Treatment outcomes were compared between the groups.

RESULTS: There were no significant differences between the two groups with respect to the demographic outcomes. The difference in endometrial thickness on the day of hCG administration was significant between the two groups ($p = 0.001$). The effect of receiving Vit E on the implantation and the ongoing pregnancy rates were assessed Odds Ratio (OR) and corresponding 95% Confidence Intervals (CI). Receiving Vit E was not significantly associated with the implantation and the ongoing pregnancy rates; OR = 1.22, 95% CI (0.44-3.4) and OR = 1.43, 95% CI (0.49-4.1), respectively.

CONCLUSION: Vit E administration may improve the endometrial response in unexplained infertile women via the likely antioxidant and the anticoagulant effects. It may also modulate the antiestrogenic effect of clomiphene citrate and the problem of a thin endometrium in these cycles may be adjusted.

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