



Urinary FSH versus recombinant FSH in the treatment of older women

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Objective: The following study was conducted to determine which of the FSH, recombinant or urinary, works better in older women.

Design: We conducted a controlled randomized study in a single University IVF centre.

Setting: Infertile women referred to a University IVF centre.

Patient(s): 257 women aged above 39 years undergoing IVF.

Intervention(s): These patients, were randomized into two study groups using a computer generated number sequence at their first IVF cycle: 121 cases were treated with recombinant FSH and 120 patients were treated with urinary FSH: both groups were suppressed with a long GnRH-analogue protocol.

The main outcome measure(s): days of stimulation, E2 at the day of hCG, total amount of FSH administered, number of oocytes collected, amount of FSH per oocyte, number of embryos obtained.

Results: Patients treated with urinary FSH required a significantly lower total amount of FSH, and a lower amount of FSH per oocyte than in women treated with recombinant FSH. The other measures evaluated did not show any statistically significant differences.

Conclusion: Our study showed that the urinary FSH performed better in older women than the recombinant FSH when associated with the long protocol.