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Abstract:

Objective:

To assess the outcome of laparoscopic ovarian drilling (LOD) with regards to ovulation, pregnancy rate and FSH and LH changes in young women with polycystic ovary syndrome (PCOS).

Design:

This is a Prospective non randomized interventional study.

Method:

48 women, those who had clomifene citrate resistant anovulatory PCOS who admitted to ward 18, teaching Hospital Peradeniya for LOD were recruited for this study. Blood samples were collected for early follicular FSH and LH levels preoperatively. 48 selected women had undergone LOD under general anesthesia. Relevant laparoscopic findings were documented. Postoperatively they were assessed in each cycle in between day 10-12 for follicular development by trans vaginal scan. Serum FSH and LH were assessed at 6 weeks and at 6 months.

Results:

Mean preoperative, LH: FSH ratio was 2.3, however at 6 weeks the ratio was 1.3 and subsequently at 6 months the FSH/LH was 1.4. Therefore the observed difference at 6 weeks and at 6 months was statistically significant with t values of 4.5 and 4.4 respectively.

Postoperative follicular development were assessed and percentage follicular maturation were 22%, 56%, 86%, 84%, 84%, 90% respectively during the 6 months period. And at 6 months pregnancy rate was 47%. No ovarian hyper stimulation reported in this study group.

Conclusions:

Laparoscopic ovarian drilling has a significant improvement in ovulation rate and pregnancy rate in women with clomifene citrate resistant PCOS And without any increase risk of ovarian hyperstimulation.

