

## **USE OF HOME-BASED EXPECTANT MANAGEMENT IN COUPLES AWAITING IVF**

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**Objective:** Assessment of the pregnancy rate resulting from combined use of a medical device and consultancy service to assist couples in achieving natural pregnancy.

**Methods:** A retrospective cohort study of the first 200 couples on the DuoFertility programme, compared to European statistics on in-vitro fertilization (IVF).

**Results:** Of the first 200 couples on the DuoFertility programme, 186 responded to a screening questionnaire, with 98 providing sufficient detail (age, fertility history, parity) for IVF eligibility and statistical comparison. Kaplan-Meier estimation was used to yield an average success rate after 6 cycles of 21%, which is statistically similar to the European average IVF pregnancy success rate (21.5%). It appears that the success rate may in fact be greater than that for IVF in cases of secondary infertility, unexplained infertility, or in relatively older women. However, when segmented by parity, condition or age, the numbers of patients in each group are too small for robust analysis.

**Discussion:** Numerous studies have demonstrated that expectant management can be as or more successful than IVF for specific groups of patients. In particular, where no patient data suggests an inability to conceive naturally, such as is the case with unexplained infertility and many cases of secondary infertility, expectant management may provide an alternative or compliment to IVF. This first analysis of pregnancy outcomes suggests broad applicability of the DuoFertility programme, particularly in couples with irregular cycles, unexplained, secondary and mild male factor infertility, allowing scarce IVF resources to be more tightly focused