

P054

**Pregnancies following use of metformin for ovulation induction
in polycystic ovarian syndrome**

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OBJECTIVE: To assess pregnancy outcome in anovulatory infertile patients diagnosed with PCOS who were treated with metformin.

DESIGN: Case series

SETTING: University hospitals out patient clinic

MATERIALS AND METHODS: Forty anovulatory patients with a diagnosis of PCOS were enrolled in the study over a 13- month period. Metformin was started at 500mg t.i.d.. Clomiphene citrate was added if no ovulatory response occurred after 8 weeks.

MAIN OUTCOME MEASUREMENTS: Resumption of menses, presumptive ovulation, and pregnancy.

RESULTS: 14 of 40 (35%) patients resumed spontaneous menses following treatment and showed presumptive evidence of ovulation with metformin alone; 12/40 (30%) required C.C. (50mg) in conjunction with metformin therapy; and 6 of these 12 (50%) had evidence of ovulation ; 16/40 (40%) conceived with a median time to conception of 3 months; and 5 of these 20 (31%) had spontaneous abortion; 20/40 (50%) had gastrointestinal -related side effects; and 4 of 40 patients (10%) had to decrease the dosage of metformin. Only 2 patients discontinued therapy.

CONCLUSIONS: Metformin alone in patients with PCOS results in a substantial number of pregnancies, with 57.7% (15/26) of those who ovulated conceiving in less than 6 months.