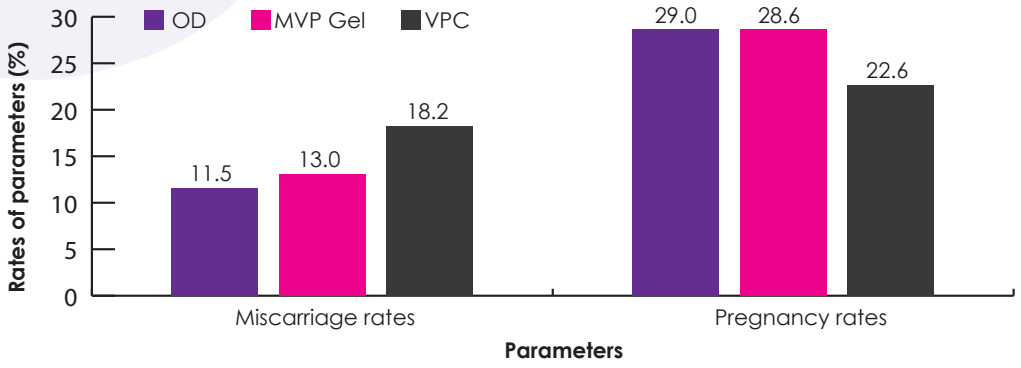
Debate Point 1

Dydrogesterone is effective for luteal phase support in ART cycles

Comparison of efficacy of dydrogesterone with MVP gel and VPC in fresh cycle IVF[1]



Dydrogesterone is a favourable drug for LPS in fresh cycle IVF women

Abbreviation: OD: Oral dydrogesterone, LPS: Luteal phase support, MVP: Micronized vaginal progesterone, VPC: Vaginal progesterone capsules

Dydrogesterone for luteal phase support in ART cycles[2-7]

Assisted reproductive technologies (ART) result in luteal phase deficiency which is identified by inadequate progesterone production[2]

Dydrogesterone has **high progesterone receptor selectivity**

Dydrogesterone is associated with **good tolerability and bioavailability (28%)**

Oral dydrogesterone is the new standard for **luteal phase support in fresh transfer IVF** cycles

CONCLUSION

Dydrogesterone treatment leads to comparatively higher pregnancy rates and lower miscarriage rates in fresh IVF cycles.

References: 1. Ganesh A, Chakravorty N, Mukherjee R, Goswami S, Chaudhury K, Chakravarty B. Comparison of oral dydrogestrone with progesterone gel and micronized progesterone for luteal support in 1,373 women undergoing in vitro fertilization: a randomized clinical study. *Fertil Steril.* 2011;95(6):1961-5. **2.** Mohammed A, Woad KJ, Mann GE, Craigon J, Raine-Fenning N, Robinson RS.Evaluation of progestogen supplementation for luteal phase support in fresh in vitro fertilization cycles. *Fertility and Sterility.* 2019;112(3):491-502e3. **3.** Panagiotis D, Caroline R, Michel DV, Shari M, AnnaLisa R, Herman T, Christophe B.The Future of Luteal Phase Support in ART and the Role of Dydrogesterone. *Frontiers in Reproductive Health.* 2021;2. **4.** Griesinger G, Blockeel C, Tournaye H. Oral dydrogesterone for luteal phase support in fresh in vitro fertilization cycles: a new standard? *FertilSteril.* 2018;109(5):756-762. **5.** Griesinger G, Blockeel C, Sukhikh GT, Patki A, Dhorepatil B, Yang DZ, Chen ZJ, Kahler E, Pexman-Fieth C, Tournaye H. Oral dydrogesterone versus intravaginal micronized progesterone gel for luteal phase support in IVF: a randomized clinical trial. *Hum Reprod.* 2018;33(12):2212-2221. **6.** Griesinger G, Blockeel C, Kahler E, Pexman-Fieth C, Olofsson JI, Driessen S, Tournaye H. Dydrogesterone as an oral alternative to vaginal progesterone for IVF luteal phase support: A systematic review and individual participant data meta-analysis. *PLoS One.* 2020;15(11):e0241044. **7.** Netter A, Mancini J, Buffat C, Agostini A, Perrin J, Courbiere B. Do early luteal serum progesterone levels predict the reproductive outcomes in IVF with oral dydrogesterone for luteal phase support? *PLoS One.* 2019;14(7):e0220450.

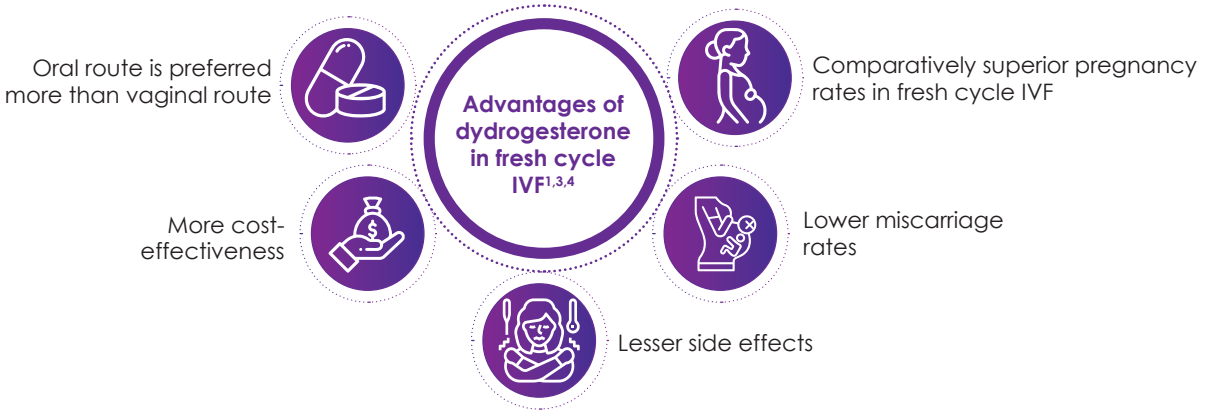
Debate Point 2

Oral route of administration (of dydrogesterone) is associated with higher tolerability than other routes in luteal phase defect[1,2]

About **10.5%** of patients report **vaginal discharge or irritation with MVP**

Dydrogesterone has a significantly **more acceptance rate due to better tolerability compared to MVP (p<0.05)**

Patient tolerability is higher when **longer treatment** required with dydrogesterone



CONCLUSION

Dydrogesterone is a front-line standard in fresh IVF cycles and its oral route confers higher tolerability than other routes in luteal phase defect.

References

1. Griesinger G, Blockeel C, Tournaye H. Oral dydrogesterone for luteal phase support in fresh in vitro fertilization cycles: a new standard? *FertilSteril.* 2018;109(5):756-762.
2. Chakravarty BN, Shirazee HH, Dam P, Goswami SK, Chatterjee R, Ghosh S. Oral dydrogesterone versus intravaginalmicronised progesterone as luteal phase support in assisted reproductive technology (ART) cycles: results of a randomised study. *J Steroid BiochemMol Biol.* 2005;97(5):416-20.
3. Ganesh A, Chakravorty N, Mukherjee R, Goswami S, Chaudhury K, Chakravarty B. Comparison of oral dydrogestrone with progesterone gel and micronized progesterone for luteal support in 1,373 women undergoing in vitro fertilization: a randomized clinical study. *Fertil Steril.* 2011;95(6):1961-5.
4. Barbosa MWP, Valadares NPB, Barbosa ACP, Amaral AS, Iglesias JR, Nastri CO, Martins WP, Nakagawa HM. Oral dydrogesterone vs. vaginal progesterone capsules for luteal-phase support in women undergoing embryo transfer: a systematic review and meta-analysis. *JBRA Assist Reprod*. 2018;22(2):148-156.