Clinical Trial Protocol
Iranian Registry of Clinical Trials

30 Jun 2026

Effect of GnRh Agonist short acting in IVF outcome improvement in FET cycles

Protocol summary

Study aim
Determination of the effect of short-acting GnRh agonist on Outcome IVF in the FET cycle

Design
A randomized controlled clinical trial with parallel, double-blind, randomized groups

Settings and conduct
The study will be double-blind and the therapist and the statistician are not aware of the type of segmentation. In this study, patients who enter FET cycle were randomly divided into two groups of control and intervention.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Having at least two Grade A fetuses, absence of intrauterine anomaly such as adenomyosis and uterine fibroids, and uterine malformations and Clear endometrial mass, use of agonist protocol, absence of systemic diseases, vitamin D modification before initiation of ICSI. Exclusion criteria: Endometrioma identified during FET

Intervention groups
Control group: In this group, we are administering 2-3 tablets daily of estrogen during the second day. 10 days later the patient is referred to the clinic and endometrial thickness is measured, If the endometrial thickness is above 8, the cycle will continue the same way and then progesterone is prescribed and the transfer is done. Intervention group: Twenty-one Cinafact units a day from progesterone onset will be given to the patient from Mid luteal phase and continue the same way and then from the second day of the period we are given 2-3 tablets of estrogen, ten days later the patient returns to the clinic And the endometrial thickness is measured And then progesterone is prescribed and the transfer is done.

Main outcome variables
The effect of GnRh on endometrial readiness, implantation rate and clinical pregnancy outcomes

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20190916044781N1**
Registration date: **2019-10-13, 1398/07/21**
Registration timing: **retrospective**

Last update: **2019-10-13, 1398/07/21**
Update count: **0**

Registration date
2019-10-13, 1398/07/21

Registrant information

Name
Farahnaz Zandi

Name of organization / entity
Sarem Infertility Fertility Research Center

Country
Iran (Islamic Republic of)

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+98 21 4467 0883

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dr.zandi@saremhospital.org

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-02-20, 1397/12/01

Expected recruitment end date
2019-06-22, 1398/04/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effect of GnRh Agonist short acting in IVF outcome improvement in FET cycles

Public title
Use of the GnRh Agonist to Improve Outcome IVF

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Have at least two embryos for transfer. The embryo has been removed from the freeze after thawing and has grade A quality. Absence of internal uterine anomalies such as adenomyosis and uterine fibroids and uterine malformations Absence of clear endometrioma Patients who used the agonist protocol in the ICSI cycle. Absence of systemic diseases (such as collagen, vascular disease, chronic hypertension, diabetes: a well-known case of diabetes with a fasting FBS of over 126) Vitamin D should be modified before starting ICSI. Age range from 25 to 40 years.

Exclusion criteria:
Determine endometrioma during FET.

Age
From **25 years** old to **40 years** old

Gender
Female

Phase
N/A

Groups that have been masked

- Care provider
- Data analyser

Sample size
Target sample size: **240**

Randomization (investigator's opinion)
Randomized

Randomization description
This study is an interventional type study (RCT) and it was designed to compare the effect of using short-acting GnRh agonist and not using it to improve IVF results in FET cycles. Simple randomization will be done by double-blind blocking and both the therapist and the statistician are not aware of the type of divisions. Patients are provided with informed consent forms after providing sufficient explanations about the study and it will be approved and signed by them. These patients will be emphasized and will be randomly divided into different treatment groups.

Blinding (investigator's opinion)
Double blinded

Blinding description
The study will be double-blind and the therapist and the statistician are not aware of the type of segmentation. Patients entering FET cycle were randomly divided into control and intervention groups.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Iran University of Medical Sciences

Street address
Hemat Highway next to MMilad, Tehran,Iran.

City
Tehran

Province
Tehran

Postal code
۱۴۴۹۶۱۴۵۳۵

Approval date
2019-02-03, 1397/11/14

Ethics committee reference number
IR.IUMS.REC.1397.985

Health conditions studied

1

Description of health condition studied
Infertility

ICD-10 code
N97

ICD-10 code description
Female infertility

2

Description of health condition studied
Endometriosis preparation for freezing embryo transfer

ICD-10 code
N98.9

ICD-10 code description
complication associated with artificial fertilization ,unspecified

Primary outcomes

1

Description
Clinical pregnancy

Timepoint
Day 14 after transfer

Method of measurement
laboratory tests

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Twenty-one Cinafact units a day from progesterone onset will be given to the patient from Mid luteal phase and continue the same way and then from the second day of the period we are given 2-3 tablets of estrogen, ten days later the patient returns to the clinic And the endometrial thickness is measured And then progesterone is prescribed and the transfer is done.
Category
Treatment - Drugs

2

Description
Control group: In this group, we are administering 2-3 tablets daily of estrogen during the second day. 10 days later the patient is referred to the clinic and endometrial thickness is measured, If the endometrial thickness is above 8, the cycle will continue the same way and then progesterone is prescribed and the transfer is done.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
sarem women hospital
Full name of responsible person
Dr. Farahnaz Zandi
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Sarem Women's Hospital,Phase 3- Ekbatan Town, Tehran, iran
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Sarem Fertility and Infertility Research Center
Full name of responsible person
Maryam Mahmoodinia Maymand
Street address
Sarem Women's Hospital,Phase 3- Ekbatan Town, Tehran, iran
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Sarem Fertility and Infertility Research Center
Proportion provided by this source
100
Public or private sector
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Other

Person responsible for general inquiries

Contact
Name of organization / entity
Sarem Fertility and Infertility Research Center
Full name of responsible person
Dr. Farahnaz Zandi
Position
Specialist
Latest degree
Medical doctor
Other areas of specialty/work
Gynecology and Obstetrics
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Person responsible for scientific inquiries

Contact
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Full name of responsible person
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Latest degree
Medical doctor
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available