# 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)

**Phone**
+98 21 4467 0883

**Email address**
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
**Street address**
Sarem Women's Hospital,Phase 3- Ekbatan Town, Tehran, iran
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**Province**
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**Postal code**
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**Phone**
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**Email**
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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
**City**
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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

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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