

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

Evaluation of effect of the autologous exosomes derived from menstrual blood mesenchymal cells on the ovarian reserve follicles and the rate of pregnancy in patients with Diminished Ovarian Reserve (DOR)

Protocol summary

Study aim

Evaluation the effect of exosomes derived from autologous menstrual blood stem cells on ovarian reserves and pregnancy rate

Design

Randomized controlled clinical trial phase 1-2, with parallel groups on 30 patients

Settings and conduct

This clinical trial will be performed on infertile women with DOR in infertility department in Imam Khomeini Hospital, Sari, Iran. Patients will be randomly assigned into two groups of control (IVF) and autologous exosomes derived from menstrual blood mesenchymal cells(Men-MCs). Collecting 5 ml of menstrual blood. Isolation, culture and identification (flow cytometry) of Men-MCs. Isolation of autologous exosomes (chromatography). Injection of autologous exosome. Assessment of outcomes.

Participants/Inclusion and exclusion criteria

Inclusion criteria:Patients aged 20-42 Years, Body mass index below 30, Diagnosed diminished ovarian reserve(DOR), Antral follicles below 7, Anti Mullerian Hormone below 1.1 nanogram per mililiter Exclusion criteria:Chronic malignancies, chronic pelvic pain, Infertility due to severe male factor, Obstruction of fallopian tubes

Intervention groups

Intervention group:Single intraovarian injection of 2 mililiter(ml) of autologous exosome with a total protein of 20 micrograms per microliter with a puncture needle under ultrasound guide Control group: Vaginal ultrasound during day 1-3 of cycle. Prescribing Follicle Stimulating Hormone(FSH) recombinant ampoule. Observing follicle above 12 millimeter(mm), initiating antagonist therapy. Observing follicle size 17-18 mm. Human Chorionic Gonadotropin(HCG) injection. Ovarian puncture. In vitro fertilization(IVF) of oocytes. Transfer of

embryos in the hormonal cycle to the patient

Main outcome variables

Hormonal change, Ovarian follicle growth change, Oocyte quality change, Pregnancy, Live birth, Abortion

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210228050535N1**

Registration date: **2022-02-27, 1400/12/08**

Registration timing: **registered_while_recruiting**

Last update: **2022-02-27, 1400/12/08**

Update count: **0**

Registration date

2022-02-27, 1400/12/08

Registrant information

Name

Amirali Khodashenas limoni

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 11 3354 3353

Email address

s.khodashenas@mazums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-02-04, 1400/11/15

Expected recruitment end date

2022-05-22, 1401/03/01

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluation of effect of the autologous exosomes derived from menstrual blood mesenchymal cells on the ovarian reserve follicles and the rate of pregnancy in patients with Diminished Ovarian Reserve (DOR)

Public title
Exosome therapy in infertility

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Patients aged 20-42 Years Body mass index (BMI) below 30 (kilograms per square meters) Diagnosed diminished ovarian reserve (DOR) Antral follicles below 7 Anti Mullerian Hormone (AMH) below 1.1 nanogram per mililiter (ng/ml) Premature ovarian insufficiency (POI) Unovulation or amehorreha
Exclusion criteria:
Abnormal shape of the uterus on Hysterosalpingography (HSG) or hysteroscopy Hematologic or immunologic diseases Hormonal disturbances Chromosomal and genetics abnormalities Pregnant patients Obstruction of fallopian tubes on Hysterosalpingography or laparoscopy Patients affected by Thyroid disease Patients affected by diabetes Chronic malignancies Chronic pelvic pain Infertility due to severe male factor

Age
From **20 years** old to **42 years** old

Gender
Female

Phase
1-2

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
A random series of 30 individuals were produced for eligible patients. In each sequence, the intervention group with autologous exosome and the control group would be considered by a 1:1 ratio; thus, 15 patients will be allocated to each group. Random Sequence will be provided using Sealed Envelope web site with block size of 4.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committees of Imam Hospital- Mazandaran University of Medical Sciences

Street address

Imam Hospital, Amir Mazandarani St, Imam Sq, Sari

City

Sari

Province

Mazandaran

Postal code

4816633131

Approval date

2021-10-13, 1400/07/21

Ethics committee reference number

IR.MAZUMS.IMAMHOSPITAL.REC.1400.041

Health conditions studied

1

Description of health condition studied

Diminished ovarian reserve

ICD-10 code

N97.0

ICD-10 code description

Female infertility associated with anovulation

Primary outcomes

1

Description

Estradiol rate of change

Timepoint

2 weeks before injection and 1 to 3 months after injection

Method of measurement

ELISA diagnostic kit

2

Description

The ovarian follicle growth rate of change

Timepoint

2 weeks before injection and 1 to 3 months after injection

Method of measurement

Ultrasound

3

Description

Oocyte quality rate of change

Timepoint

2 weeks before injection and 1 to 3 months after injection

Method of measurement

Oocyte classification based on presence or absence of polar body and nucleolus

4

Description

Follicle Stimulating Hormone (FSH) rate of change

Timepoint

2 weeks before injection and 1 to 3 months after injection

Method of measurement

ELISA diagnostic kit

5

Description

Anti Mullerian Hormone (AMH) rate of change

Timepoint

2 weeks before injection and 1 to 3 months after injection

Method of measurement

ELISA diagnostic kit

Secondary outcomes

1

Description

Pregnancy rate

Timepoint

1 to 3 months after injection and 12 weeks after pregnancy

Method of measurement

Beta-Human Chorionic Gonadotropin (B HCG) test, Ultrasound

2

Description

Live newborn birth rate

Timepoint

9 to 12 months after injection

Method of measurement

Follow up

3

Description

Abortion rate

Timepoint

1 to 9 month after pregnancy

Method of measurement

Ultrasound, follow up

Intervention groups

1

Description

Intervention group: 5 milliliter of menstrual blood sample will be collected from patients with menstrual cup. Mesenchymal cells will be isolated and cultured from a menstrual blood sample. After culturing menstrual blood-derived mesenchymal cells, in the fifth passages, the cells will be identified by Flow cytometry. Then exosomes will be isolated from the culture medium by Chromatography. Intra-ovarian injection of autologous exosomes will be performed in the intervention group. On the day of injection (follicular phase of menstrual cycle until day 14) 2 milliliter (ml) of autologous exosome with 1 percent phosphate buffered saline (PBS) with a total protein of 20 micrograms per microliter will be injected into the ovary with a puncture needle from the cortex to the medulla in several areas under ultrasound guide.

Category

Treatment - Other

2

Description

Control group: For patients in the control group, the in vitro fertilization (IVF) cycle with antagonist will be performed, then after 1 to 3 months, the freeze embryo will be transferred. From day 1 to 3 cycles, vaginal ultrasound will be performed. FSH recombinant ampoule (2-4 pieces) will be prescribed. Then ultrasound is performed every other day and depending on the number and size of the follicle, Human Menopausal Gonadotropins (HMG) will be added or subtracted to the drugs. If a follicle above 12 millimeter (mm) is observed, the antagonist is started and will be prescribed daily. Whenever 17-18 millimeter (mm) follicle is observed, Human Chorionic Gonadotropin (HCG) is injected and an ovarian puncture will be performed 34-48 hours later, and the ovums will be delivered to a laboratory for in vitro fertilization. 1 to 3 months later, 1 to 3 grade A or B embryos will be transferred to the patient during the hormonal cycle.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Sari Imam Hospital

Full name of responsible person

Marzieh Zamaniyan

Street address

Imam Hospital, Amir Mazandarani Blvd

City

Sari

Province

Mazandaran

Postal code

4816633131

Phone
+98 11 3434 3432
Email
marziehzamaniyan@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Mazandaran University of Medical Sciences
Full name of responsible person
Majid Saidi
Street address
Central Headquarters of Mazandaran University of
Medical Sciences, Valiasr Highway, Jouybari Road
City
Sari
Province
Mazandaran
Postal code
۴۸۱۵۷۳۳۹۷۱
Phone
+98 11 3304 4000
Email
Majidsaidi@gmail.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Mazandaran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Mazandaran University of Medical Sciences
Full name of responsible person
Shabanali Khodashenas Limoni
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
Medical Biotechnology
Street address
Mazandaran University of Medical Sciences, 17 km of
Farahabad Road, Farahabad Square

City
Sari
Province
Mazandaran
Postal code
۴۸۱۵۷۳۳۹۷۱
Phone
+98 11 3311 8945
Email
s.khodashenas@mazums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Mazandaran University of Medical Sciences
Full name of responsible person
Shabanali Khodashenas limoni
Position
Assistant professor
Latest degree
Ph.D.
Other areas of specialty/work
Medical Biotechnology
Street address
Department of Medical Biotechnology, Faculty of
Advanced Medical Sciences, Payambar Azam
Complex, Farah Abad Bulvd
City
Sari
Province
Mazandaran
Postal code
۴۸۱۵۷۳۳۹۷۱
Phone
+98 11 3354 3353
Fax
Email
s.khodashenas@mazums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Mazandaran University of Medical Sciences
Full name of responsible person
Zeinab Rezaei Kiasari
Position
Masters student
Latest degree
Bachelor
Other areas of specialty/work
Medical Biotechnology
Street address
Mazandaran University of Medical Sciences, 17 km of
Farahabad Road, Farahabad Square
City
Sari
Province
Mazandaran
Postal code

۴۸۱۵۷۳۳۹۷۱

Phone

+98 11 3304 4000

Email

z.rezaei@mazums.ac.ir

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