

EP04.31: PPOS vs. GnRH agonists and/or antagonists during ovarian stimulation: a systematic review and meta-analysis

Authors: Wellington P Martins, Carolina Nastri

Affiliation: SEMEAR fertilidade, Reproductive Medicine, Brazil



Introduction

Progestogen-primed ovarian stimulation (PPOS) leverages the natural inhibitory effect of oral progestogens on LH release. We aimed to compare the effectiveness and safety of PPOS vs GnRH antagonists and/or agonists for women undergoing assisted reproduction.

Methods

Systematic review and meta-analysis of 20 RCTs involving 4,430 participants. The primary comparison focused on PPOS vs GnRH antagonists (17 studies).

Results

Main results are shown on **Table 1**.

Conclusion

PPOS results in a higher number of oocytes and a higher live-birth rate in the first embryo-transfer cycle compared with a GnRH antagonist protocol. Given its oral administration, lower drug cost, and excellent safety profile, it represents a potentially superior alternative.

Table 1	Effect Estimate (95% CI)	P-value
Live birth (RR)	1.13 (1.02-1.25)	0.02
OPU Cancelation (RR)	0.82 (0.42-1.57)	0.6
Oocytes retrieved (MD)	+0.9 (+0.3 to + 1.5)	0.005
Moderate/Severe OHSS	0 cases	N/A