INTRAUTERINE INSEMINATION IN 38 YEAR-OLD AND OLDER PATIENTS: OUR EXPERIENCE IN 5 YEARS.
O. Aguilo, M. Martinez, A. Lopez, L. Costa, J. Costa, S. Grau, E. Garcia, Y. Canet
Gynecology and Obstetrics, Corporacio Sanitaria Parc Tauli, Spain

Introduction: Intrauterine insemination (IUI) with husband’s semen is the first step in the treatment of many infertile couples. As pregnancy rates decrease with maternal age, in vitro fertilization (IVF) is the first treatment option in patients older than 38. In our centre we only perform IUI and we can not refer these patients for IVF due to a long wait list.

Purpose: To evaluate IUI results in a Regional Public Hospital in patients aged between 38 and 40 and to identify prognostic factors for the chance of pregnancy.

Method: A retrospective study of data 2009 to 2013 was undertaken. In this period 478 couples underwent 1131 IUI. A total of 150 cycles in 47 couples aged 38 to 40 were analysed, which represent 9.8 %.

Results: The age of our patients was 38 in 55.3%, 39 in 29.8% and 40 in 14.9%. Two thirds of them had previously spontaneously conceived. The mean duration of infertility was 28.2 months (6-60). The main cause of infertility was male factor (47.2%) followed by unexplained (27.7%). The mean number of cycles per patient was 3.4 (1-5). Seral basal FSH levels were 7.09 mIU/ml (3.8-14) and the mean antral follicle count was 9.17 (3-24). The overall clinical pregnancy rate was 6.67% per cycle and 21.27% per patient. Of the 10 pregnancies, 6 (60%) resulted in live births and 4 (40%) in first trimester miscarriages. There were no statistically significant differences in pregnancy rate in terms of age, cause or duration of infertility, hormonal basal levels, ovulation induction or quality of semen.

Conclusions: Given the low home birth rate obtained in our hospital in women aged between 38 and 40 (12.7 %), IUI should only be considered when IVF is not possible. We could not establish any predictive factors for pregnancy in this group of patients.