

Sildenafil Citrate (Viagra) Suppositories Are Promising Approach for Treatment of Unexplained Infertility

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Abstract : Objective: To investigate if there is a role of sildenafil citrate (Viagra) in the treatment of infertile couples for idiopathic cause. Design: An observational study. Setting: Infertility outpatient clinic of Tanta University Hospital Egypt. Patient(s): 50 unexplained infertility women {endometrial thickness (EM) and the mean resistance index (RI)} compared to 50 fertile control group attended for check-up in the same period and receiving no treatment. Intervention(s): unexplained infertility women were given 25 mg of sildenafil citrate suppositories four times per day for seven days starting from the 5th day of the menstrual cycle for three cycles. Main Outcome Measures: EM and RI of endometrial spiral artery were assessed by transvaginal color-pulsed Doppler ultrasound in unexplained infertility women before and after sildenafil citrate treatment and compared with control. The conception rate and pregnancy outcome were recorded in the two groups. Result(s): Women with unexplained infertility had significantly thinner endometrium and a higher spiral artery resistance index, meaning lower peri-implantation blood flow than the fertile controls. Sildenafil citrate treated women showed a statistically significant increase in endometrial thickness ($p < 0.001$) and a significant decrease in the mean spiral artery resistance index ($p < 0.001$) giving a better conception rate. Conclusion: Sildenafil citrate suppositories treatment enhance the endometrial blood flow through decreasing spiral artery resistance index 'RI' and consequently improve endometrial growth and receptivity in cases of unexplained infertility thus giving a better conception rate.

Keywords : Unexplained infertility, endometrial blood flow, endome-trial receptivity, color-pulsed Doppler ultrasound; RI (resis-tance index, Sildenafil citrate (Viagra)

Conference Title : ICGO 2016 : International Conference on Gynecology and Obstetrics

Conference Location : London, United Kingdom

Conference Dates : September 29-30, 2016