Ovulation Induction in PCOS: Best Practices

Introduction: Anovulatory infertility secondary to PCOS is the most common cause of female infertility and there are a variety of first and second line options for treatment.

Methods/Methodology: Review of the literature including best practices.

Results: Letrozole is the first line ovulation induction agent in women with PCOS and has replaced clomiphene. Letrozole is comparatively safe and significantly more effective. It also appears to have a lower multiple pregnancy rate than clomiphene. Network meta-analysis suggests that the combination of clomiphene and metformin may be similarly effective but there are no good head to head trials of the two treatments. Strategies to identify factors predicting responders include younger age, lower BMI, shorter duration of infertility, and to a variable degree less hyperandrogenism.

Conclusion: There are multiple safe and effective low cost strategies to induce ovulation in women with PCOS.