

Optimizing Stimulation Protocols and Adjuncts



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The overall goal of controlled ovarian stimulation is to recruit and retrieve a cohort of good quality oocytes with the intent of fertilizing them, growing them to high quality embryos, and completing

the process with embryo transfer resulting in live birth. The first part of the process, stimulation of the ovaries, can be accomplished via numerous protocols that allow for the personalization and optimization of outcomes. In addition to protocol adjustments, there are numerous adjunct treatment options available to complement the standard protocols, particularly for patients with diminished ovarian reserve, advanced age, poor ovarian response, recurrent implantation failure, and diagnoses of PCOS or endometriosis. It is important to understand the rationale for protocol modifications and to guide this vulnerable patient population regarding supplements and alternatives.