COMPARISON OF LAPAROSCOPY ALONE AND LAPAROSCOPY COMBINED WITH MEDICATION IN WOMEN WITH INFERTILITY ASSOCIATED WITH MINIMAL OR MILD ENDOMETRIOSIS: A PROSPECTIVE RANDOMIZED CONTROLLED TRIAL

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Background
The study aims to evaluate whether laparoscopic surgery combined with medical treatments were more effective than laparoscopic alone in improving fecundity and pelvic pain in women with minimal/mild endometriosis.

Methods
A randomized controlled trial was conducted in 156 infertile women with minimal/mild endometriosis. After laparoscopic surgery, patients were randomized to three groups: in Group A (n=52) oral contraceptive (OC) was administered one pill a day, continuous for 63 days without intervals, in Group B (n=52) OC was administered as above and then Dan'e mixture was added 30 g/day for the latter 30 days, and in control Group C (n=52) patients tried to get pregnant after surgery without complementary treatment. The follow-up periods were 12 months in Group C and 14 months in Group A and B. The pregnant women were further followed up, and obstetric outcomes were assessed. Primary outcome was pregnancy rate (PR) and live birth rate (LBR). Secondary outcomes included changes of pelvic pain visual analog scale scores and side effects.

Results
The PR was 46.80% (73/156), and the LBR was 69.86% (51/73). Of the 73 pregnancies, 60 occurred within 12 months of follow-up and 7 of the remaining 13 patients underwent assisted reproductive technology for >1 year. No significant difference was observed in PR and LBR among the three groups. Patients given medical treatment (OCs or OCs plus herbal medicine) had significantly decreased pain scores compared with the laparoscopy alone group.

Conclusions
Laparoscopy enhances fecundity in infertile women with minimal/mild endometriosis. Combination of laparoscopy with OCs or OCs and herbal medicine does not have more advantages in improving fertility but can effectively relieve pelvic pain.

Trial Registration
ChiCTR-TRC-11001820