Ultralong-term cyclic use of low-dose monophasic combined oral contraceptive pills for the management of recurrent severe endometriosis after second-line surgery

Objective: To evaluate the efficacy of ultralong-term cyclic administration of low-dose monophasic combined oral contraceptive pills (OCP) in the resolution of pain and regression of recurrent endometrioma and pseudocyst after second-line surgery for recurrent severe endometriosis.

Methods: Retrospective cohort study

Patients: Eleven patients who were prescribed low-dose monophasic combined OCP to be taken with follow-up ultrasonogram (USG) at least for 60 months for the treatment of recurred severe pain and endometrioma and pseudocyst after second-line surgery.

Intervention: Cyclic therapy (daily 21 to 35 days followed by a 7 day interval) with low-dose monophasic combined OCP.

Main Outcome Measures: Pain score by visual analogue scale (VAS) and endometrioma and pseudocyst on USG.

Results: Duration of treatment ranged from 62 months to 148 months. Three patients completed the treatment after complete resolution of dysmenorrhea and complete regression of endometriomas and pseudocysts but 8 patients are currently getting treatment. Pain score by VAS was significantly lower from 12th month of treatment compared with baseline assessment (P < 0.001). Endometrioma size measured at 12th month of treatment significantly decreased compared with baseline size (P < 0.001) and consistently decreased and endometriomas assessed by USG were completely regressed in 10 patients (90.9%) at 60th month of treatment. Pseudocyst size measured by USG was significantly smaller from 12th month of treatment (P = 0.003) and pseudocysts were completely regressed in all patients at 36th month of treatment.

Conclusions: Ultralong-term treatment with low-dose monophasic combined OCP is effective in eliminating pain and regressing recurrent endometriomas and pseudocysts in patients with recurrent endometriosis after second-line surgery.

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