

# Immobilisation versus immediate mobilisation after intra-uterine insemination; a randomised controlled trial

IM Custers<sup>1</sup>, PA Flierman<sup>2</sup>, P Maas<sup>3</sup>, T Cox<sup>4</sup>, HJHM van Dessel<sup>4</sup>, MA Gerards<sup>5</sup>, MH Mochtar<sup>1</sup>, CAH Janssen<sup>5</sup>, F van der Veen<sup>1</sup>, BWJ Mol<sup>1,7</sup>

<sup>1</sup>Academic Medical Centre, <sup>2</sup>Onze Lieve Vrouwe Gasthuis, <sup>3</sup>Antonius Hospital, <sup>4</sup>TweeSteden Hospital, <sup>5</sup>Groene Hart Hospital <sup>6</sup>Martini Hospital and <sup>7</sup>Maxima Medical Centre



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## Objective

- Assess the effect of 15 minutes of immobilisation versus immediate mobilisation after Intra Uterine Insemination



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## Study design

- Inclusion criteria:
  - All patients with an indication for IUI
    - With fresh or cryo-preserved sperm (donor or husband's)
    - With or without controlled ovarian hyperstimulation
    - Anovulatory women: after failed ovulation induction
  - At least one patent tube
  - At least 18 years of age



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## Intervention

- 15 minutes bedrest
- Immobilisation

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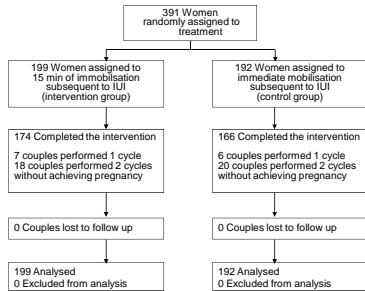
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## Results

### Trial profile




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## Results

### Outcome measures, intention to treat analysis

Outcome measures	15 min. immobilisation (n=199)	Controls (n=192)	RR (95% CI)	P-value
Ongoing pregnancy (%)	54 (27)*	34 (18)**	1.5 (1.1-2.2)	0.01
Live birth (%) <sup>†</sup>	53 (27)	32 (17)	1.6 (1.1-2.4)	0.01
Twin pregnancy <sup>‡</sup> (%)	3 (6)	1 (3)		
Miscarriages (%)	14 (7)	17(9)		
Ectopic pregnancy (%)	1	0		
Biochemical pregnancy (%)	1	0		
Number of cycles performed	2.4	2.5		

\*4 spontaneous pregnancies, 1 after escape IVF

\*\* 5 spontaneous pregnancies

<sup>†</sup>16 couples still pregnant, considered as live birth in analysis

<sup>‡</sup>Calculated per ongoing pregnancy

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