



Unexplained Infertility

In a woman who is ovulating there are two major reasons the couple cannot conceive. These are absence of sperm and obstruction of both tubes. The definition of unexplained infertility is a couple attempting pregnancy for one year unsuccessfully, presenting with sperm on a semen analysis and open fallopian tubes. The cause of the infertility is not apparent, but may include irregular ovulation, decreased sperm parameters, cervical mucus factors, luteal phase deficiencies, endometrial polyps, uterine myomas, endometriosis, implantation failure and the woman's age.

The treatments for unexplained infertility depend on the age of the woman and the years of infertility. The older the woman and the greater the length of infertility confer a worse prognosis. Assume the monthly pregnancy rate in a young fertile woman is 20% per cycle (normal fertility). The pregnancy rate in unexplained infertility is 1% per cycle or about 13% per year. In a young woman expectant management is an option. Controlled ovarian hyperstimulation using clomiphene citrate or intrauterine insemination may increase pregnancy rates to 5% per cycle. Using both clomiphene citrate and intrauterine insemination, the pregnancy rates approach 10% per cycle. Super ovulation using injectable FSH medications and intrauterine insemination may increase the pregnancy rate to 20% per cycle. IVF pregnancy rates approach 35% per cycle.