

Poor Responders Intervention Trial

PARTICIPANT INFORMATION SHEET

You are being invited to take part in a research study. Before you make your decision, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully. You may want to talk to others about the study before taking part.

- **Part 1** tells you the purpose of this study and what will happen to you if you take part.
- **Part 2** gives you more detailed information about the conduct of the study.

Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

Part 1

What is the purpose of the study?

There are three commonly used regimens used to suppress the pituitary hormones during In Vitro Fertilisation (IVF). The purpose of this research is to find out which of these is the most effective for women who have shown a poor response in their previous treatment cycle(s). There is currently no evidence to say which gives the best outcome.

It is necessary during IVF treatment to control the reproductive cycle. In order to do this drugs are used to suppress the reproductive hormones released by the pituitary gland in the brain. These hormones are the Follicle Stimulating Hormone (FSH) and the Luteinising Hormone (LH). Both these hormones are stimulated by the Gonadotrophin Releasing Hormone (GnRH).

There are two types of drugs which suppress the pituitary hormones. The first is a GnRH agonist, called Nafarelin. An agonist is a drug which mimics the action of a naturally occurring substance in the body. Nafarelin activates the pituitary just like the GnRH in the body, but while the GnRH triggers the release of hormones by repeated on/off pulses, Nafarelin in IVF treatment delivers a long, sustained burst which keeps the pituitary in the 'off' mode.

The second drug is a GnRH antagonist, called Cetorelix. An antagonist is a drug which opposes the action of a naturally occurring substance in the body. In this way, Cetorelix prevents the release of pituitary hormones.