Gestational Outcome of 875 Pregnancies Following Hysteroscopic Lysis of Intrauterine Adhesions

Charles M. March, M.D.\*#, Robert Israel, M.D. #, Richard P. Marrs, M.D.\*, Guy E. Ringler, M.D.\* and Joyce M. Vargyas, M.D.\*

\*California Fertility Partners  #Division of Gynecology, Keck School of Medicine of USC

 **INTRODUCTION:** The literature is replete with reports of both poor gestational outcome and severe obstetrical complications in pregnancies initiated after treatment of intrauterine adhesions (IUA). Because those findings were not confirmed by our initial manuscript (1978), we continued to monitor our patients. This report is the largest series of pregnancies following IUA therapy in one center.

 **METHODS:** Between February 1, 1974 and March 31, 2011 1,243 infertile patients underwent treatment by hysteroscopic adhesiolysis (often under laparoscopic guidance), placement of a uterine stent and estrogen. Patients were followed for a minimum of four months.

 **RESULTS:** 211 (17 %) patients had surgery on more than one occasion, including two patients who underwent surgery five times before a normal uterine cavity could be achieved. Patients were followed for a minimum of four months. One or more other infertility factors were identified in 474 patients (38 %). Pregnancies occurred in 73 % of those with normal post operative studies but only 10 % of those whose uterine remained abnormal. 141/875 (16.1%) of the pregnancies resulted in a first trimester abortion. Additionally five pregnancies were lost in four patients in the second trimester secondary to cervical incompetence. Fourteen pregnancies were complicated by placenta accreta and five of these patients underwent hysterectomy. Five pregnancies were complicated by IUGR. Placenta accreta and IUGR occurred only in those who conceived with an abnormal uterus.

 **CONCLUSIONS:** Comprehensive therapy of IUA including proving cure prior to recommending that the patient try to conceive and meticulous monitoring during pregnancy and delivery will result in an excellent reproductive outcome.