# Karnataka State Obstetrics and Gynecology Association

## Infertility and ART Committee and Reproductive Endrocrinology Committee 2025-26

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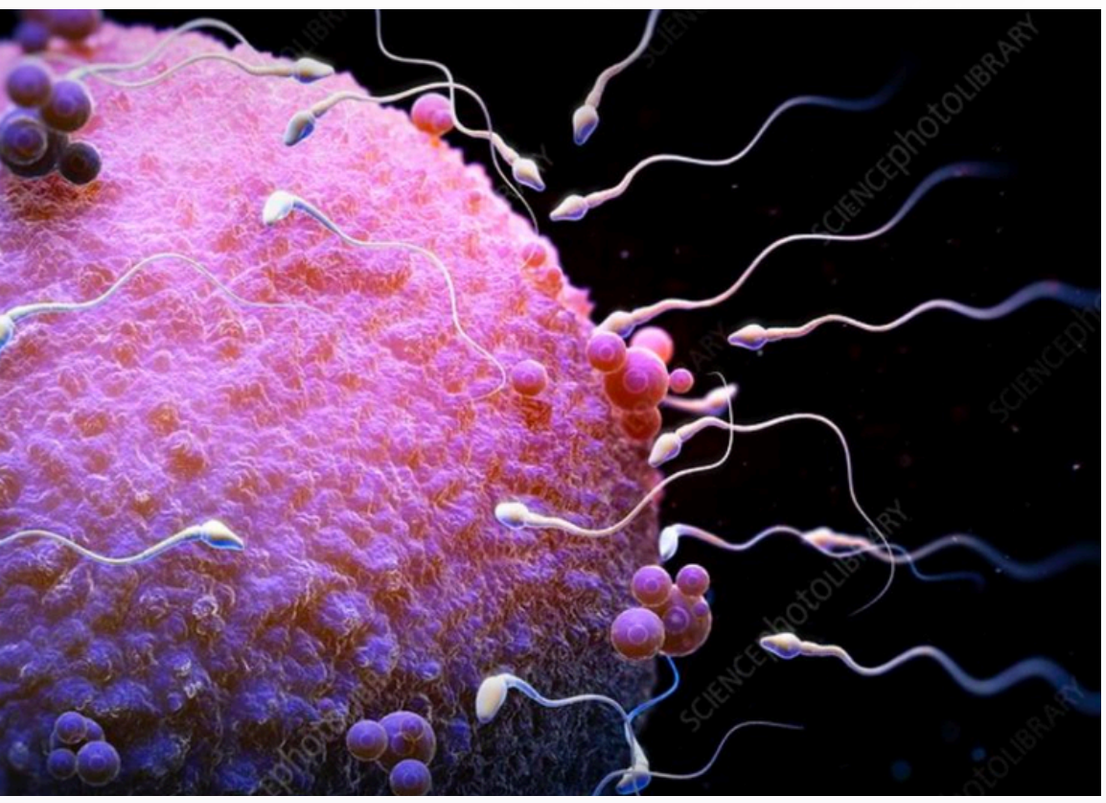
# KSOGA Fertility Flash

## "Timing is everything: Are you triggering right?"

### Optimising follicle size for hCG trigger in IUI cycles

**Fertility Flash #1 - KSOGA 2025-26**



## Letrozole-Induced Mono-Follicular IUI Cycles

Optimal Follicle Size for trigger: 19-23 mm
Higher CPR observed within this range
**Recommendation**: Trigger with hCG at 19-23 mm in Letrozole induced cycles

https://doi.org/10.1016/j.fertnstert.2025.03.010

## Clomiphene Citrate (CC) IUI Cycles

Optimal Follicle Size for trigger: 21-22 mm
CPR 2.3 times higher than at 19-20mm
**Recommendation:** Trigger with hCG at 21-22 mm in Clomiphene induced cycles

https://doi.org/10.1016/j.fertnstert.2020.10.026

## Letrozole + HMG IUI Cycles

Optimal Follicle Size for trigger: 16-18 mm
Higher CPR observed within this range
**Recommendation:** Trigger with hCG at 16-18mm in Letrozole+HMG induced cycles
https://doi.org/10.1016/j.rbmo.2022.11.003

## *Takeaway Message*

- **Personalize trigger timing based on the follicle size and the specific induction protocol used.**
- **Monitoring follicle growth with timely ultrasounds are critical**

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