

## Laparoscopic Ovarian Drilling for Infertility Treatment

### Why has my doctor suggested I have ovarian drilling?

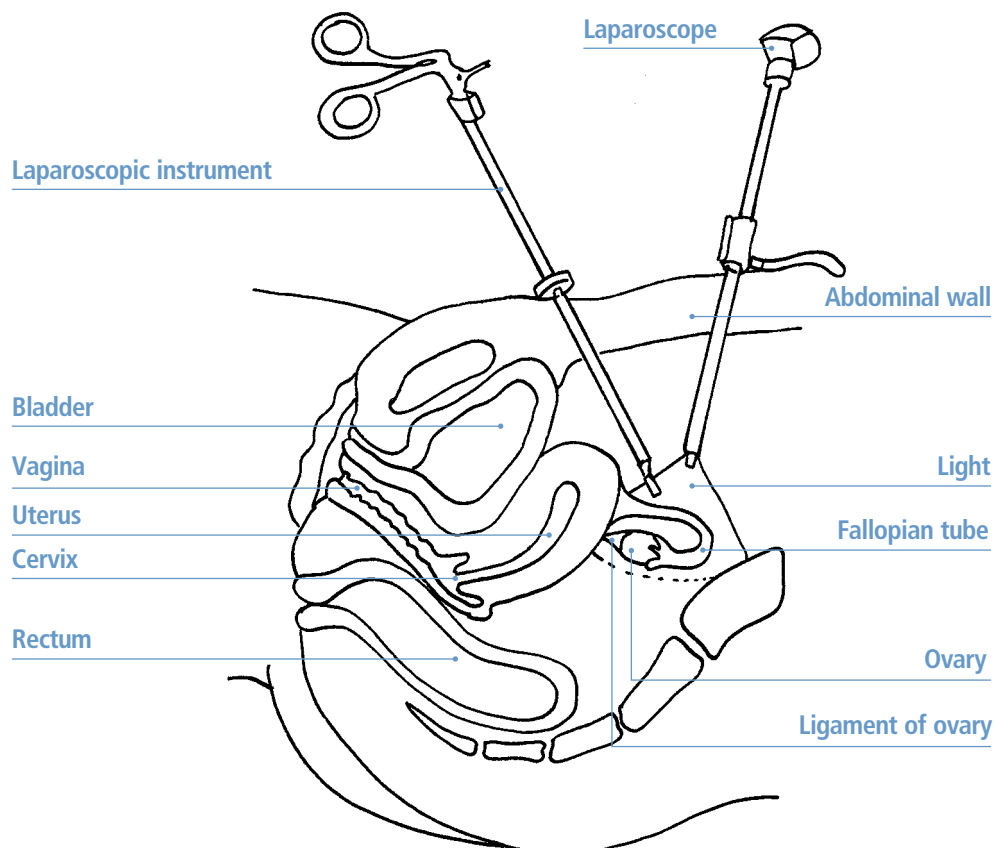
Laparoscopic ovarian drilling is a surgical treatment that can trigger ovulation in women with polycystic ovary syndrome (PCOS). You are trying to get pregnant but you have not been able to release eggs after losing weight and using clomiphene, with or without metformin.

### What is Polycystic Ovarian Syndrome (PCOS)?

PCOS is a condition which women's hormones are out of balance and make it difficult to get pregnant. It may affect your periods, ovulation, and appearance. Your ovaries may have many tiny cysts and your androgen (male hormone) level may be increased.

### What is Ovarian Drilling?

Ovarian Drilling is a surgical procedure done by keyhole (laparoscopic) surgery on your abdomen. It is done under general anaesthetic and takes around 30 minutes to do. 4 to 6 holes are drilled in each ovary using an electric current. The aim is to destroy the tissue that's producing androgens (male hormones).



### **Are there other alternatives to Ovarian Drilling?**

The alternatives to ovarian drilling are stimulation of your ovaries using fertility hormones injections Follicle Stimulating Hormone (FSH) or Intrauterine Insemination (IUI). Your doctor can discuss these alternatives with you.

### **How long do I have to stay in hospital and when can I get back to work?**

Everyone recovers at a different rate. Ovarian drilling is a routine day case operation and most patients can go home the same day. Very rarely would you have to stay in hospital overnight. Most women are back to normal physical activity including gentle exercise after five days and feel able to return to work in 1-2 weeks.

### **What are the benefits/advantages of Ovarian Drilling and how successful is it?**

Approximately 80% of patients who underwent ovarian drilling resumed ovulation, while nearly 50% were able to become pregnant within a year. You are less likely to have twins or triplets compared to other fertility treatments (which are as high as 10%).

### **What are the risks of Ovarian Drilling?**

Laparoscopic ovarian surgery is very safe. However; there are risks of laparoscopy such as infection, injury to bowel or bladder or large blood vessels and bleeding. There is a small risk of adhesions forming (scar tissue) on the ovary and affecting your egg reserve and early ovarian failure.

### **Where is the evidence of Ovarian Drilling success?**

The National Institute of Clinical Excellence (NICE) recommends ovarian drilling and its advice can be viewed on their website [www.nice.org.uk](http://www.nice.org.uk)

### **Are there any patient support groups for PCOS?**

The charity group Verity runs a support network. Information can be obtained from their website; [www.verity-pcos.org.uk](http://www.verity-pcos.org.uk). Also, speak to your Gynaecologist or your GP if there are any questions you need answering.

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281.

Produced by Dr M Batwala, Mr R Faraj and Ms. H Ribbons, February 2013.  
Revision due February 2015. Version:1.0  
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