

# Does progesterone support in luteal phase deficiency help subfertile couples achieve a pregnancy?

ACTRN12612000166875

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Status	RECRUITING
Phase	Phase 3
Sponsor	Dr Luke McLindon
Enrollment	180 participants

## Plain Language Summary

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This study is testing whether progesterone supplements taken in the second half of the menstrual cycle (luteal phase) can help women who have had trouble getting pregnant because of a hormonal problem called luteal phase deficiency. All women in the study will also learn a natural fertility awareness method called the Sympto-Thermal Method to track their cycles. Researchers hope this treatment will increase the chances of pregnancy.

You may be eligible if:

- You are a woman aged 18 or older
- You have been diagnosed with a luteal phase hormonal defect based on hormone blood tests
- You have been trying to get pregnant for 12 months without success, OR have had 3 or more miscarriages

You may NOT be eligible if:

- Your infertility is due to blocked tubes (confirmed by testing)
- Your infertility is due to a male factor (abnormal sperm analysis)
- You are exclusively breastfeeding
- You are currently using contraception
- You are currently pregnant
- You are currently taking fertility medications or supplements (including Vitex agnus)

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (4)

- Luteal phase hormonal defect (based on oestradiol and progesterone serum levels drawn on days 5, 7 and 9 post-ovulation) AND
- A. Failing to achieve a pregnancy after 12 months of unprotected random intercourse OR
- B. Failing to achieve an ongoing pregnancy (greater than 20 weeks) after 12 months of unprotected random intercourse OR
- C. A history of 3 or more miscarriages

### Exclusion (6)

- Subfertility is due to tubal causes (defined as abnormal hysterosalpingography and/or laparoscopy & dye insufflation, and/or hysterosalpingography with contrast by sonography (HyCoSy))
- Subfertility is due to male factor (absence of a normal /effective seminal fluid analysis within last six months (WHO criteria))
- Women who are exclusively breastfeeding
- Currently using contraception
- Currently pregnant

... and 1 more (see full listing online)

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12612000166875>

### Locations (1 total)

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