



# PRE-PROCEDURAL INTRAVENOUS DIMENHYDRINATE WITH CONSCIOUS SEDATION IMPROVES PATIENT SATISFACTION DURING IVF OOCYTE RETRIEVAL



Shere M<sup>1,2</sup>, Deniz S<sup>1,2</sup>, Amin S<sup>1,2</sup>, Kteily K<sup>1,2</sup>, Karnis MF<sup>1,2</sup>, Neal MS<sup>1,2</sup>, Faghih M<sup>1,2</sup>

<sup>1</sup>Ontario Network of Experts in Fertility (ONE Fertility), Burlington, Ontario, Canada;

<sup>2</sup>Division of Reproductive Endocrinology and Infertility, Department of Obstetrics and Gynecology;

## INTRODUCTION AND PURPOSE

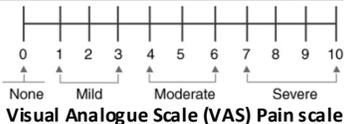
Most IVF oocyte retrievals in Canada are completed using conscious sedation. Several adjuvant therapies have been described as supporting conscious sedation for IVF oocyte retrievals, including acupuncture, music therapy, and paracervical blocks.

Our study aimed to explore the impact of pre-procedural intravenous dimenhydrinate administration on patient experience during IVF oocyte retrievals.

## METHODS

Patients (n=121) were counselled on the option to utilize 50mg IV dimenhydrinate pre-procedurally as an adjunct. 91 patients elected to receive dimenhydrinate; 30 declined and were included as controls.

Questionnaires assessing patient-reported pain during the procedure were administered to all patients using the visual analogue scale (VAS) between 1-10. These were also administered to the nurse present intraoperatively during the procedure for comparison.

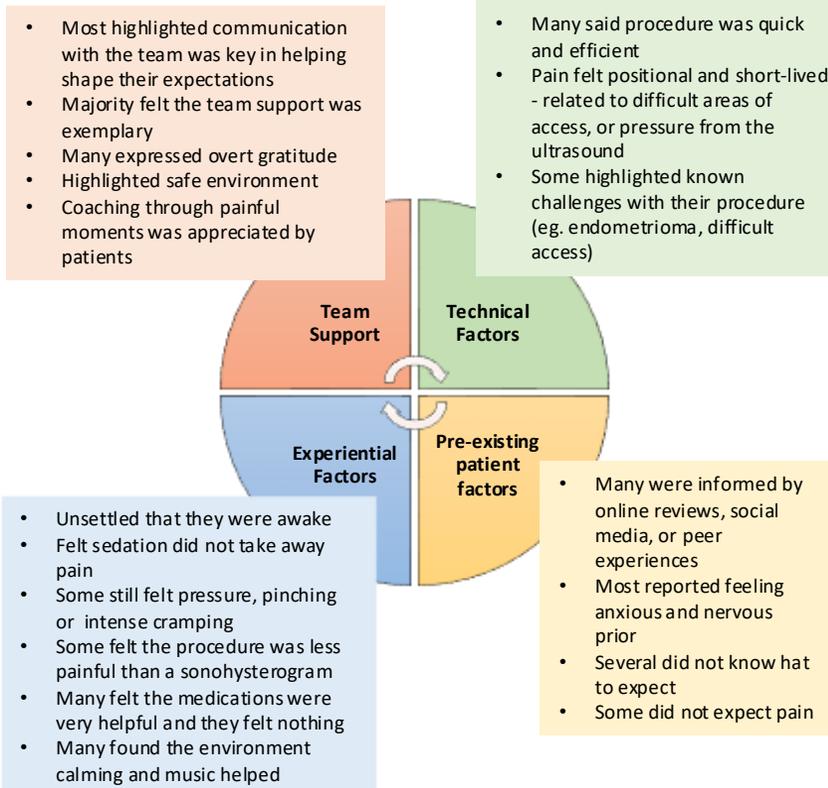


Patient feedback was qualitatively recorded through the questionnaire to assess whether the oocyte retrieval was similar, better, or worse compared to patient expectations. They also had a free-text section to leave comments regarding their overall experience.

Differences in patient VAS pain scores between the Dimenhydrinate vs. Control groups were compared using unpaired t-tests. Patient free-text feedback was analyzed using thematic analysis by Braun and Clarke, through an iterative codification process.

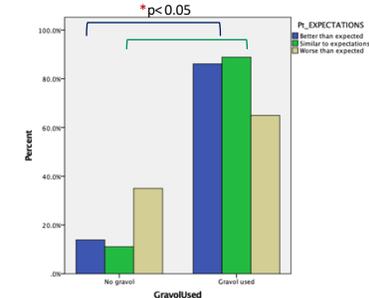
## RESULTS

Figure 1. Four major themes were identified as major components influencing patient experience during the oocyte retrieval



## RESULTS

Figure 2. Patient Experience - Was the procedure similar, better or worse compared to your expectations?



## CONCLUSIONS

- The majority of patients within the study utilized dimenhydrinate as an adjunct, creating unbalanced groups (91 dimenhydrinate vs. 30 controls)
- Pain is a variable experience dependent on patient and procedural factors
- Helping inform patient expectations is a valuable tool
  - The team was consistently praised for communication and coaching, even when patients had a difficult retrieval or instances of pain
  - Communication, team dynamics, and efficiency of procedure were noted as strengths
- 85% of patients in the Dimenhydrinate group reported that the oocyte retrieval was similar or better than their expectations compared to 59% in the Control group ( $p < 0.05$ ).
- One-on-one nursing support during the oocyte retrieval was universally appreciated by patients.

Contact: [mneal@onefertility.com](mailto:mneal@onefertility.com) for more information.