

GYNUITY HEALTH PROJECTS EVALUATES A LETROZOLE PLUS MISOPROSTOL REGIMEN FOR MEDICATION ABORTION

New [published research](#) shows that a single dose of letrozole does not appear to be an effective adjunct to misoprostol for medication abortion.

Letrozole is traditionally used for treating breast cancer and infertility. This low cost and accessible medication available in tablet form has been identified as a potential alternative abortifacient that, in the absence of mifepristone and when taken in combination with misoprostol, could improve upon the efficacy of a misoprostol-only medication abortion regimen.

A small pilot study by Gynuity Health Projects and the University of Utah was the first to explore a single dose of letrozole plus misoprostol regimen for medication abortion.

Study participants took a 30mg oral dose of letrozole followed two days later by an 800mcg buccal dose of misoprostol. They were counseled to take a second dose of misoprostol if they had no bleeding within 24 hours of the first one. Seven to 10 days later, they attended a follow-up visit for an assessment of side-effects and the success of the abortion.

Data for the study, which involved 40 people who had sought medication abortion up to 63 days' gestation at a health center in Salt Lake City (Utah), were collected between January and March 2022.

KEY FINDINGS

- Abortion outcome was established for 39 of the 40 study participants: 29 (74%) had a complete abortion, four (10%) had an incomplete abortion and opted for aspiration, and six (15%) had an ongoing pregnancy.
- All took the first dose of misoprostol. Only three of the ten individuals who took a repeat dose did so due to no bleeding.
- There were no unexpected side-effects or safety concerns.

Study Conclusion: A single 30mg dose of letrozole followed by misoprostol had lower efficacy than desired.

The authors of the paper do not recommend additional research with a single 30mg dose of letrozole. Given the limited available evidence to date, further research would be needed to establish more accurately the added benefit of using letrozole in combination with misoprostol for medication abortion.

[Read Article in Full \(open access\)](#): Tara Shochet, David Turok, Laura J. Frye, Corinne D. Sexsmith, Lori M. Gawron, Jennifer E. Kaiser, Beverly Winikoff, [Single dose letrozole and misoprostol for termination of pregnancy through 63 days' gestation: A pilot study](#), *Contraception* (2022), doi:<https://doi.org/10.1016/j.contraception.2022.109924>

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