

## **How do we choose the best progesterone to support the luteal phase**

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In recent years supplementation with progesterone (P4) has become the gold standard for routine luteal support in IVF. Luteal support is now more and more in focus as it may affect live birth rate after IVF. Different P4 preparations are at our disposal all derived from a natural source, i.e. the discorea root and all containing progesterone chemically identical to that of ovarian origin. Although no studies have looked into the best dosage for each preparation, results in terms of ongoing pregnancy rates are well studied and do not differ among the different preparations. Yet there are differences in route of administration and side effects. Since patient empowerment and patient-centeredness are becoming more important in our field, these differences may become decisive when choosing the best progesterone for luteal supplementation.