

PATIENT INFORMATION

Endometrial Receptivity Analysis (ERA) (+ EMMA & ALICE)

Adjuvant therapy

What is adjuvant therapy?

Adjuvant therapy, also known as 'add-ons', adjunct, complementary or alternative therapies, are recognised as an addition to standard assisted reproductive treatment and may be recommended to you with the intention to increase your success during your fertility treatment. There are numerous options available to you when accessing adjuvant therapies, including but not limited to the technology in laboratories, medical procedures, prescribed medications, nutritional supplements, and traditional medicines such as Chinese medicine, including acupuncture.

At present, the effectiveness of many adjuvant therapies is unknown, with little to no evidence that they will increase the success of your treatment or improve live birth rates. However, your health care provider may recommend adjuvant therapy when considering your medical history and tailoring your treatment plan.

It is important to consider the effectiveness, risks and financial costs of adjuvant therapies.

What is ERA, EMMA and ALICE?

What is the endometrium?

The interior of the uterus is lined with a tissue called endometrium, which is prepared each month for the arrival of an embryo and it's the nest where the embryo implants and resides during gestation. Even the best embryo will fail to implant if conditions aren't right.

What is Endometrial Receptivity Analysis (ERA)?

ERA is the first diagnostic test that determines each woman's unique personalized embryo transfer timing, therefore synchronizing the embryo transfer with the individualized window of implantation

What is EMMA test?

EMMA evaluates your endometrial flora to quantify the presence of *good* bacteria in the microbiome. EMMA also includes the ALICE test to identify the pathogenic bacteria commonly associated with chronic endometritis. Based on the test results we are then able to recommend the best probiotic and/or antibiotic treatment to balance your endometrial flora, improving your pregnancy prospects

What is ALICE Test?

ALICE (Analysis of Infectious Chronic Endometritis) detects the bacteria causing chronic endometritis and recommends adequate treatment.

What is EndomeTRIO?

EndomeTRIO is a complete endometrial analysis that includes ERA, EMMA and ALICE tests.

PATIENT INFORMATION

Endometrial Receptivity Analysis (ERA) (+ EMMA & ALICE)

Adjuvant therapy

Why is ERA recommended, and will it increase the success of my treatment?

An ERA test is recommended for some who are undergoing IVF that are unable to get pregnant, even after transferring good quality embryos. Although a good quality embryo is an important starting point, it is also important to transfer the embryo into a uterus that is ready to receive the embryo.

The timing of embryo transfer must be coordinate with your body's menstrual cycle, neither too early nor too late, but at just the right time. For most women, the best time to transfer an embryo is the same, but for some women, it can be different.

What is endometrial receptivity?

The endometrium is receptive when it is ready for embryo implantation to occur. This period of receptivity is called the window of implantation.

Each woman has a unique window. Knowing your personal window of implantation, you can optimize your chances of pregnancy doing a personalized embryo transfer.

How is the ERA performed?

An ERA, EMMA & ALICE Endometrial Receptivity Test involves inserting a speculum into the vagina and washing the cervix with antiseptic (Betadine) to prevent infection. An endometrial catheter is then inserted through the cervix and into the uterine cavity. The test is performed by moving the catheter in and out through the cervix.

You may experience cramping similar to menstrual cramps during and after the procedure as well as some spotting.

While an endometrial biopsy is safe, there is a chance of bleeding and infection. If you think you may be pregnant, make sure to tell your doctor ahead of time.

What are the costs?

The treatment cycle is an Endometrial Receptivity at \$2720.00 which includes your blood tests, scans and nursing consults.

ERA kit is invoiced separately as a 3rd party and is quoted at approximately 995€.

Additional cost will be medication: Medication is payable to the pharmacy approx \$200.00 to \$400.00.



PATIENT INFORMATION

Endometrial Receptivity Analysis (ERA) (+ EMMA & ALICE)

Adjuvant therapy

**Price current May 2022, however subject to change.*

The information provided above is intended for educational purposes only and should not be used as a substitute or replacement for medical advice received from a medical professional. It is important to discuss your individual circumstances and situation with your treating doctor.