



# Endometrial Scratch

## Adjuvant therapy

Name:

D.O.B:

### 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 an endometrial scratch?

An Endometrial Scratch is a procedure performed to assess accessibility to the uterine cavity and to prepare the endometrium for implantation. The Endometrial Scratch procedure is recommended in the second half of your menstrual cycle. The test is usually done in the specialist's room, or at a general medical practice and completed by a trained doctor.

The procedure involves a small tube, called a pipelle, to be passed through the cervix at which point the doctor will lightly scratch the endometrial lining and obtain a sample of the endometrial tissue, the procedure will take approximately 5 minutes.

### Why is endometrial scratch recommended, and will it increase the success of my treatment?

Your fertility specialist may recommend an endometrial scratch to assess uterine access for a fertility procedure such as an intrauterine insemination or embryo transfer, as a scratch procedure is very similar to the procedure performed for these procedures. It may also help prepare the uterine lining for implantation and assist with lining rejuvenation. There is limited research to suggest that endometrial scratches assist with lining rejuvenation; therefore, its use in artificial reproduction is uncertain.

### What are the common side effects?

Common side effects can include:

- Light spotting
- Cramping

It is important to contact your fertility specialist if you notice:

- Fevers
- Severe pain
- Signs of blood loss



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## What are the costs?

*Cost of an Endometrial Biopsy procedure:* The cost of the Endometrial Biopsy procedure is approximately \$300, with associated Medicare rebate of approximately \$45. This fee is payable on the day of your procedure. *\*Price current January 2026, however subject to change.*

*Is Endometrial Scratch included in the cost of my cycle:* Endometrial Scratch is an additional expense and is not included in the cost of your cycle.

*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.*

### Use of Excess Biological Tissue

Following your procedure the small sample of endometrial tissue that is collected would routinely be discarded. You may instead choose to allow this tissue to be used for research

Research conducted by No.1 and our collaborators adheres strictly to National Health and Medical Research Council (NHMRC) guidelines and is conducted under the oversight of an appropriate ethics committee.

If you consent to the use of your excess tissue, this use may include freezing and storing the tissue for use in future projects or transporting the tissue to a collaborating laboratory.

If you choose **not** to allow the use your surplus tissue, your treatment will not be disadvantaged or deprioritised in any way. Your choice will have no effect on your treatment and care.

If you have any questions about our research or how your tissue may be used please feel free to contact the research team at: 03 9132 9677 or [research@number1fertility.com](mailto:research@number1fertility.com)

Information about current research projects underway at No.1 Fertility can be found at <https://number1fertility.com/current-projects-1/>

**I consent to No.1 Fertility and collaborators utilising my surplus biological material for the purpose of research:**

Yes

No

I, , have read and understood the above information and consent to an Endometrial Scratch procedure. I have had the opportunity to ask questions and understand the potential risks and possible benefits of using this adjuvant therapy. I am aware I may incur an additional cost for this adjuvant therapy.

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_