

## PATIENT INFORMATION

# Clexane

### 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 clexane and how it is normally used?**

Clexane (Enoxaparin sodium) is an anticoagulant medication that belongs to a group of medicines called Low Molecular Weight Heparin (LMWH). It is used to treat and prevent deep vein thrombosis (DVT) and pulmonary embolism including during pregnancy and following certain types of surgery. It is also used in those with acute coronary syndrome and heart attacks.

#### **Why is clexane recommended, and will it increase the success of my treatment?**

Your fertility specialist may recommend Clexane to you if you have a history of embryo implantation failure, early pregnancy loss, a diagnosis of elevated natural killer cells in the uterus or diagnosed with the MTHFR gene.

It is thought that a localised inflammatory response in the uterus, whether triggered by an embryo transfer procedure or occurring independently, may be a contributing factor to implantation failure and early pregnancy loss. The inflammatory response, activated by prostaglandins, can introduce the formation of clots and uterine contractions.

Clexane's Immunomodulator and anti-inflammatory effect is thought to reduce the localised inflammation in the uterus and decrease the risk of implantation failure and early pregnancy loss. It is often used in sequence with immunotherapy medications such as prednisolone or dexamethasone with the aim to help with implantation and avoid micro clots at the implantation site and may increase production of substances involved in successful implantation. However,



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there is low-quality research and evidence supporting the use of Clexane; therefore, its use in artificial reproduction is uncertain.

**What are the common side effects?**

Some common side effects can include:

- Pain, bruising or irritation at the injection site after Clexane has been given
- Hard inflamed nodules at the injection site
- Itchy red rash at the injection site
- Bleeding at the injection site
- Itchy skin

*Regarding any additional side effects or contraindications for Clexane, please refer to the Consumer Medicine Information (CMI) sheet.*

Please notify your fertility specialist if you:

- Are using other blood-thinning medications
- Bleeding or clotting disorders
- painful itchy red/purple rash at the injection site
- difficulty in breathing, symptoms of hayfever, feeling faint, itching hives, blisters or other symptoms of allergy
- bleeding (including nose bleeds or prolonged bleeding from cuts), bruising more easily than normal, red or dark brown urine, red or black bowel motions
- numbness (paralysis), problems with coordination, dizziness, tiredness, light-headedness, blurred vision, confusion or difficulty speaking
- severe abdominal, chest pain and headache
- nausea, diarrhoea, fever
- swelling of the hands, ankles or feet
- a fine widespread rash, especially noticeable on your mouth or eyes or sudden onset of white or blue colour in fingers or toes suggesting poor blood supply.

**Are there risks to using clexane during pregnancy?**

Clexane is a Category C drug, meaning its pharmacological effects, have caused, or may be suspected of causing harmful effects on the human foetus or neonate without causing malformations. However, it is known that Clexane does not cross the placenta. Please speak to your obstetrician about continuing Clexane during pregnancy.

**What are the costs?**

*Cost of Clexane:* The cost of Clexane will vary depending on the brand and pharmacy. A box of 20 pre filled syringes could cost you around \$42.50.



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*Is Clexane included in the cost of my cycle:* Clexane 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.*