

PATIENT INFORMATION

Endometrial Scratch

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 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.

Your fertility specialist may recommend an Endometrial Scratch for three main reasons:

1. It will be performed in conjunction with an endometrial biopsy to assess for cell abnormalities
2. 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.
3. To 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.

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

Your fertility specialist may recommend an endometrial biopsy to assess for natural killer cells (NKC's). NKC's are normal white cells that are found in the endometrial lining.

The treatment for natural killer cells involves a low dose steroid such as dexamethasone or prednisolone as well as blood thinner such as clexane.

There is limited research suggesting that NKC's can prevent implantation of an embryo and limited evidence supporting the treatment for NKC's; 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

What are the costs?

Cost of Endometrial Scratch: The cost of the procedure is \$260.00. Some Medicare rebates are available.

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.

**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.