

## PATIENT INFORMATION

# Fragmin

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

Fragmin belongs to a group of medicines called low molecular weight heparins (LMWHs). These medicines work by reducing blood clotting activity. It is used to treat 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 fragmin recommended, and will it increase the success of my treatment?**

Your fertility specialist may recommend Fragmin 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.

Fragmin'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, there is low-quality research and evidence supporting the use of Fragmin, its use in artificial reproduction is uncertain.



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#### **What are the common side effects?**

Some common side effects can include:

- Pain or bruising at the injection site
- Hair loss

If you notice the following, please speak to your doctor immediately or attend your nearest emergency department:

- Bleeding or blood present in urine or stool
- Symptoms of high potassium -muscle weakness, tingling or numbness of hands and feet or slow irregular heartbeat
- Allergic reactions including rash, hives, skin discolouration, dizziness or fever
- back pain, tingling, numbness or weakness in your legs, which could mean bleeding around your spinal cord

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

Please notify your fertility specialist if you:

- Are using other blood-thinning medications

#### **Are there risks to using fragmin during pregnancy?**

Fragmin 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 Fragmin does not cross the placenta. Please speak to your obstetrician about continuing Fragmin during pregnancy.

#### **What are the costs?**

*Cost of Fragmin:* The cost of low dose aspirin will vary depending on the brand and pharmacy. A box of tablets could cost you \$48.00 for 10 injections.

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