

PATIENT INFORMATION

Intralipid Infusion

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 intralipid and how it is normally used?

Intralipid is a sterile fat emulsion used as a source of energy and essential fatty acids. Its main components are soya oil, chicken egg yolk, glycerol and water. Intralipid infusions have been used for decades as a form of nutrition, given as an intravenous infusion. It is mainly administered to patients that are not able to get adequate nutrition orally. This is often due to physical stress such as illness or recent surgery or adults/children with complex absorption issues.

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

Your fertility specialist may recommend intralipid if you have elevated Natural Killer Cells (NKC's), a history of embryo implantation failure or early pregnancy loss. NKC's are a natural part of the immune system however in some patients there may be an overactive response whereby the NKC's react abnormally to an implanting embryo. It is thought the NKC's may see the embryo as an invading cell which it then attacks, preventing implantation. It has been suggested that Intralipid can help to regulate NKC's, allowing the embryo to implant and grow normally.

Whilst it has been suggested that Intralipid may enhance implantation and maintenance of pregnancy there is limited research to support this. Therefore, its role in fertility remains uncertain and unproven. Intralipid is an intravenous infusion which is administered slowly over two hours, is well tolerated and with minimal side effects. Therefore, in some patients with specific history this may be recommended around the time of your Embryo Transfer.

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What are the common side effects?

Some common side effects can include:

- A rise in your body temperature (less than 3% of people)
- Shivering, chills, nausea and vomiting (less than 1% people).

Other side effects are extremely rare and usually occur immediately or soon after administration:

- Allergic reaction
- Breathing difficulties
- Abdominal pain
- Tiredness
- Headaches
- Flushing
- Slight pressure over the eyes
- Dizziness

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

Please notify your fertility specialist if you:

- Have an allergy to soya oil, eggs, nuts, glycerine.
- You have an inability to break down fats
- Are breastfeeding
- Are diabetic
- Have any liver, kidney, pancreas or thyroid disease.
- Are taking anticoagulants (blood thinning medication)

Are there risks to using intralipid during pregnancy?

Intralipid is deemed to be safe throughout pregnancy. Occasionally your fertility specialist may recommend further intralipid infusions once you have had a positive pregnancy test however this is based on individual history.

What are the costs?

Cost of Intralipid Infusion: The cost of the intralipid is approximately \$34.90 (500ml). There will then be an out-of-pocket expense for the intravenous infusion itself.

Is Intralipid included in the cost of my cycle: Intralipid infusion is an additional expense and is not included in the cost of your cycle.



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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.