

## PATIENT INFORMATION

# Intrauterine Platelet Rich Plasma (PRP)

## 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 Intrauterine PRP?

Platelet-Rich Plasma is an extract of your own blood that contains a high concentration of platelets. A PRP flush into the uterus is minimally invasive and usually well tolerated. Though research is limited, PRP has been demonstrated to improve endometrial thickness and has been shown to increase the chances of embryo implantation in people who have repeated implantation failure as a result of chronically thin lining. There is little to no conclusive evidence that this treatment will improve live birth rates.

### How is PRP prepared?

PRP is used from the person's blood undergoing the PRP therapy.

*Step 1:* The PRP process starts with a healthcare professional drawing a sample of blood similar to how they would normally collect tubes of blood.

*Step 2:* The blood is centrifuged (put in a machine that spins very quickly causing the different components of blood to separate) for about 15 minutes.

*Step 3:* A trained nurse collects the plasma (now rich in platelets and devoid of cellular components) in preparation for its injection.

*Step 4:* The Platelet-Rich Plasma (PRP) Endometrial Cavity Flush involves inserting a speculum into the vagina. An endometrial catheter is then inserted through the cervix and into

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the uterine cavity. The Platelet-Rich Plasma (PRP) is administered via the catheter into the uterine cavity. You must stay in a reclined position for 10 minutes before returning home.

#### **When is PRP performed?**

A PRP flush is performed twice, on Day 4 & Day 8 or Day 5 & Day 9 of your Intrauterine Insemination or Frozen Embryo Transfer cycle unless otherwise advised by your fertility specialist. It is important to report if you have any known health issues to your fertility specialist or the Number 1 Fertility nursing team to confirm if this is the correct procedure for you. A PRP flush should not be performed if you have any known blood disorders, chronic infections or severe systemic or metabolic conditions/disorders. Additionally, you should not have a PRP flush if you are taking any anti-coagulation therapy (blood thinning medication e.g. clexane / aspirin - please continue Warfarin) or oral corticosteroids (e.g. prednisolone / dexamethasone).

#### **What to expect?**

Some patients will find this painful and will not be able to tolerate the procedure when done without anaesthetic. One hour prior to the procedure you should take two Paracetamol. Please DO NOT take Ibuprofen prior to or for 7 days following a PRP flush procedure. We do NOT advise fasting before your Platelet-Rich Plasma Endometrial Cavity Flush. Please make sure to eat a meal the morning or afternoon of your scheduled procedure and drink plenty of water in preparation for blood collection.

Complications are uncommon with this procedure but may include bruising, bleeding, spotting, subtle swelling, pain, and rarely, fever and infection. We recommend bringing a panty liner with you to your procedure as you may experience some spotting, bleeding or notice clear straw-coloured fluid leaking from your vagina. You may notice a feeling of fullness, tightness, warmth, dull throbbing or fluttering over the 24 hours following the procedure, you should not be concerned about this. Please contact the Number 1 Fertility nursing team on 03 9132 9600 if you experience any abnormal pelvic pain, unusual discomfort during intercourse, unexplained fever, or atypical uterine bleeding or discharge between menstrual cycles.

#### **Are there risks during pregnancy?**

PRP is not recommended during pregnancy. If you suspect being pregnant, please notify your nurse or doctor.



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

The cost for each PRP flush is \$650.00 with this being payable on the day of your procedure, unfortunately this is not covered by Medicare.

*\*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.*