

Endometrial Scratch

Information for Patients and Partners



What is this leaflet about?

This leaflet is produced to inform women undergoing endometrial scratch about what is involved. Your consultant will inform you that this procedure is needed in order to boost your chances to have a baby.

What is endometrial scratch?

Endometrial scratch is a procedure used to help embryos implant more successfully after in-vitro fertilization (IVF), intracytoplasmic sperm injection (ICSI) or frozen embryo transfer (FET). Research suggested that superficially injuring the lining of the uterus (womb) may stimulate the uterus to be more receptive to an implanting embryo resulting in improving the chances of getting pregnant. Further research evidence is needed before the benefits of endometrial scratch can be confirmed.

Who is the procedure for?

Endometrial scratch is performed on women who did not get pregnant after several attempts of embryo transfer (3 or more) despite the transfer of good quality embryos and the absence of other causes of failed implantation.

What preparations are needed for endometrial scratch?

You must use barrier methods of contraception during the cycle of the scratch appointment.

The procedure is carried out in the cycle preceding your IVF, ICSI or FET, approximately 7-9 days before the period is due.

We recommend taking some pain killers $\frac{1}{2}$ hour before your procedure such as 2 paracetamol tablets (500 mg/ tablet) as this may help to relieve any discomfort during the procedure.

What happens during my appointment?

You will be asked to have a comfortably full bladder before having the scratch as this eases the procedure. You will then be made comfortable on the examination couch.

The consultant will then pass a speculum in the vagina to get the cervix in view (similar to having a smear test). A fine plastic straw will then be passed through the cervix into the cavity of the uterus to superficially scratch the lining of the uterus. The procedure may be a little uncomfortable but could be worth it for the results. You can take your preferred pain killers, such as paracetamol, to ease any discomfort caused by the procedure. You will be able to carry on life as normal an hour or two later, but you may benefit from not going back to work immediately. You will know when you feel well enough to.

Leicester Fertility Centre is unable to guarantee that your treatment will be carried out by a specific doctor. Please let us know if you would not proceed with treatment unless a specific doctor was available.

What risks are involved?

Endometrial scratch is a very safe. For most women it does not require any anaesthetic. Some women occasionally experience some cramping pains during and after the procedure, but these will ease in a very short time. We recommend that you do not drive after the procedure, so please make arrangements for a relative or a friend to drive you home or accompany you home on public transport. We will ensure you are well enough before you leave the clinic.

Very rarely the procedure can cause pelvic infection; this would become apparent up to 10 days following the procedure. If you suspect you have any signs and/or symptoms please contact your G.P. and inform him/her that you had endometrial scratch (biopsy). Symptoms include vaginal discharge, fever and stomach pain.

Please note that it is recommended to screen all women for Chlamydia prior to endometrial scratch.

Your doctor, practice nurse or fertility specialist can arrange this for you unless you have already had a test for Chlamydia within the last 6 months.

Endometrial scratching is known as a treatment add-on. Treatment add-ons are optional, non-essential treatments that may be offered in addition to proven fertility treatment.

There are five ratings that indicate whether a treatment add-on is effective at improving treatment outcomes for someone undergoing fertility treatment, according to evidence from studies.



Endometrial scratching is rated amber for increasing the chances of having a baby for **most fertility patients undergoing IVF or ICSI**

This means:

On balance, it is not clear whether this add-on is effective at improving the treatment outcome. This is because there is conflicting moderate/high quality evidence – in some studies the add-on has been found to be effective, but in other studies it has not.



Endometrial scratching is rated grey for improving the chances of having a baby for **patients with recurrent implantation failure (RIF)**

This means:

We cannot rate the effectiveness of this add-on at improving the treatment outcome as there is insufficient moderate/high quality evidence.

Further information can be found on the HFEA website:

<https://www.hfea.gov.uk/treatments/treatment-add-ons/>

Our commitment to patients

We are constantly striving to improve our services to patients and we will welcome your comments or suggestions for improvement.

Leicester Fertility Centre Contact Details

Tel: 0116 2585922

E-mail: LFCinfo@uhl-tr.nhs.uk

Website: www.leicesterfertilitycentre.org.uk

Useful addresses

Human Fertilisation and Embryology Authority: www.hfea.gov.uk

NICE guidelines: www.nice.org.uk

NHS - Response line: 111.nhs.uk / 111

NHS - Smoking helpline: 0300 123 1044

Fertility Network UK: www.fertilitynetworkuk.org / 0121 323 5025

Do you feel that you are at risk of verbal or physical abuse? If so, you may find the following numbers useful:

Domestic Violence Helpline:

United against violence & abuse (UAVA)

0808 802 0028



This information was correct at the time of printing. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not be reflected in the guidance and you should discuss this with the clinical staff at the time of your appointment.



Today's research is tomorrow's care

We all benefit from research. Leicester's Hospitals is a research active Trust so you may find that research is happening when you visit the hospital or your clinic.

If you are interested in finding out how you can become involved in a clinical trial or to find out more about taking part in research, please speak to your clinician or GP.

If you need information in a different language or format, please call the number(s) below or email equality@uhl-tr.nhs.uk

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર ફોન કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

0116 258 4382 or 0116 250 2959