



**Ontario Network  
of Experts in Fertility**  
life through knowledge



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## **Patient Information and Protocol for ERA Testing**

Endometrial Receptivity Array (ERA) is a test to determine the ideal cycle day for you to have a frozen embryo transfer. It involves taking medications to prepare the lining of the uterus for an embryo transfer and coming in for ultrasound and bloodwork to assess your lining. You will be booked for an endometrial biopsy on day 5 of progesterone. The sample is sent to a testing centre in Toronto for analysis. The results are available in 2-4 weeks and sent to your physician for review.

Please note the embryos are not thawed and transferred this cycle.

There is a cycle fee of payable to ONE Fertility and due on the day of your first ultrasound.

There is also a fee for processing the sample and for shipping the sample. These fees will be billed to you directly by Igenomix.

## **Patient Instructions for ERA.**

On day 1 of cycle start Estrace 4mg (2 tabs) orally twice per day. After menses stops, take evening dose of Estrace vaginally and continue taking morning dose of Estrace orally. Continue taking your Estrace until you are told to stop. Please call to check if you are unsure.

Call the clinic on cycle day 1 to book your first cycle monitoring visit for cycle day 10. You will have a blood test and ultrasound at that visit. Please pick up Endometrin (vaginal progesterone) from the clinic pharmacy after your appointment. You will receive a call to advise you of the date and time of day to start Endometrin. This day is considered P+0.

An endometrial biopsy is booked after the fifth day of Endometrin. The IVF nurse will let you know which day to book the appointment. The endometrial biopsy is performed by the physician and involves inserting a speculum and passing a flexible tube (pipelle) into your uterus to extract a sample of the lining. You may feel a sharp cramp when the sample is extracted. If you are not allergic, you may take Advil or Tylenol 30 minutes prior to the test.

Stop both Estrace and Endometrin after 10 days of Endometrin (P+10). Expect your period 2-4 days after stopping these medications.

The results will be reviewed by your doctor and a plan will be made for your frozen embryo transfer cycle. An IVF coordinator will call you with this plan. You will need to delay treatment until the results are available.