



❖ A complete  
view of  
endometrial  
health

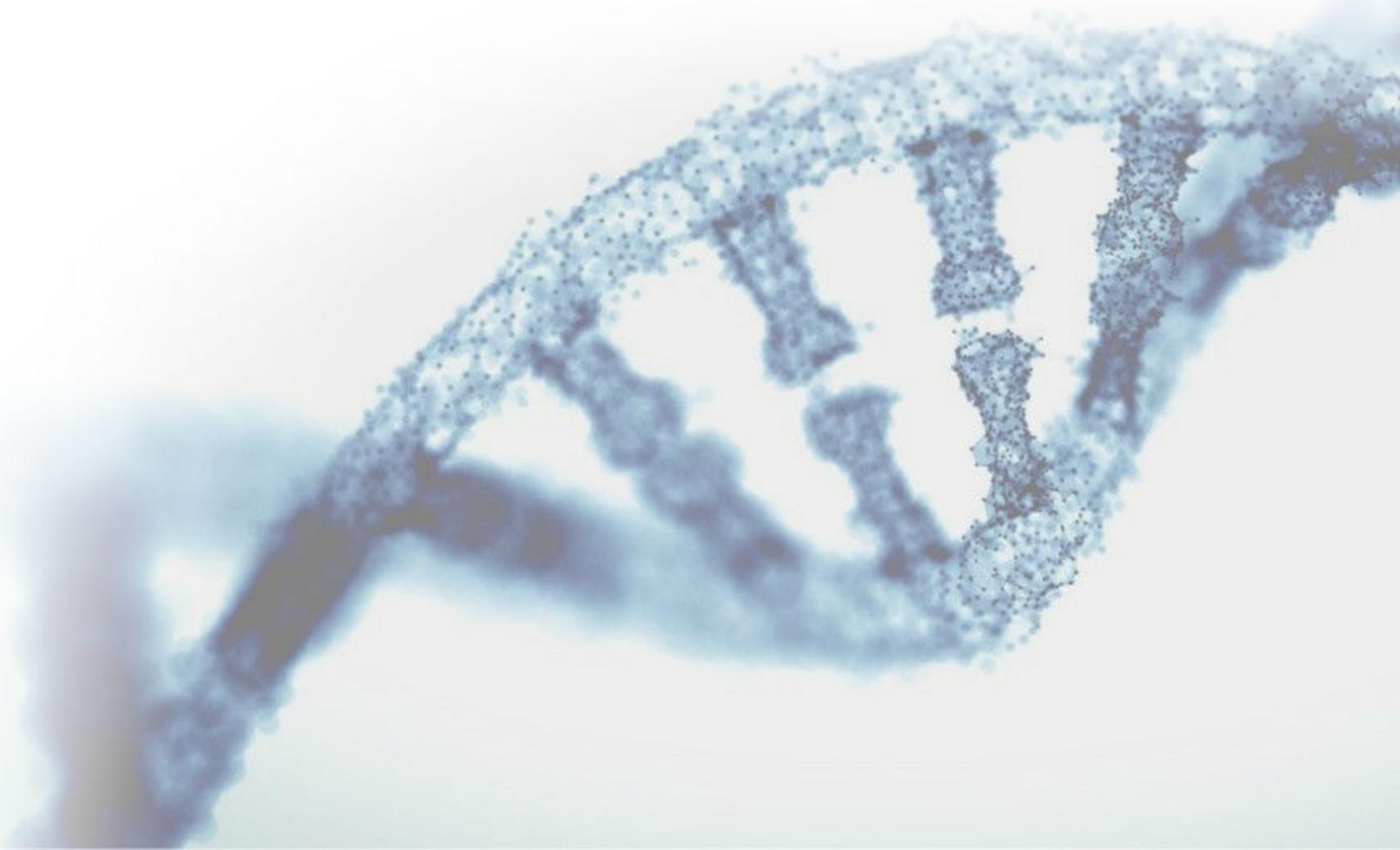
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**ERA**<sup>®</sup> Endometrial  
Receptivity  
Analysis



## Rationale

The endometrial factor plays a key role in embryo implantation. It is important, not only to evaluate the presence of malformations or anomalies in the uterine cavity, but also, to determine the moment in which the endometrium reaches a receptive phenotype, this is, when the window of implantation starts. Recurrent implantation failure (RIF) patients could have a displaced window of implantation, leading to an embryo transfer in a non-receptive endometrium (Ruiz-Alonso et al. Fertil Steril, 2013).

The endometrial gene expression signature allows us to evaluate endometrial receptivity, identifying the personalized window of implantation for each patient. This analysis is carried out by a tool that has been designed, developed and patented in 2009 (PCT/ES2009/000386) by Igenomix, after more than 10 years of research (Diaz-Gimeno et al. Fertil Steril, 2011-2013).

## Rationale

To locate the moment of the endometrial cycle in which the window of implantation starts, allows us to personalize the embryo transfer (pET) according to this result.

Igenomix has demonstrated in the last years that the synchronization between an embryo ready to implant and a receptive endometrium increases the chances of success in an assisted reproductive treatment (Ruiz-Alonso et al. Fertil Steril, 2013; Ruiz-Alonso et al. Hum Reprod, 2014; Clemente-Ciscar et al. Hum Reprod, 2018). Other groups have also published similar results in their own patients after guiding the embryo transfer according to the ERA result (Mahajan J Hum Reprod, 2015; Hashimoto et al. Reprod Med Biol, 2017; Findikli et al. Hum Reprod, 2018; Pasternak et al. Fertil Steril, 2018; Taguchi et al. Fertil Steril, 2018).



**ERA (Endometrial Receptivity Analysis), determines the optimal time in the endometrial cycle to perform embryo transfer.** Thus, ERA can increase the chances of pregnancy by synchronizing an implantation-ready embryo with a receptive endometrium.

## **Indications for ERA**

The ERA is indicated for recurrent implantation failure (RIF) patients, since they have a higher risk of having a displaced window of implantation (Ruiz-Alonso et al. Fertil Steril, 2013). Therefore, this analysis could be beneficial for patients with 2 previous failed cycles with own oocytes or 1 previous failed cycle with ovum donation, in both cases with good quality embryos transferred.



## Indications for ERA

In case that your patient requires any intervention at uterine level, the ERA test must be done after such intervention, in order to replicate as much as possible the conditions in which the embryo transfer will take place.

In case of atrophic (< 6 mm) or hypertrophic endometrium (> 12 mm), the ERA can be done if this condition is constant in all endometrial cycles for this patient.

## Methodology

This test uses Next Generation Sequencing (NGS) technology to analyze the gene expression of 248 genes related with the endometrial receptivity status.

The results from this test are based on the expression analysis of these 248 genes with a computational predictor designed and developed by Igenomix. After sequencing the genetic material (RNA) from an endometrial biopsy, it is possible to evaluate if the endometrium is Receptive or Non-receptive in an specific moment of the endometrial cycle. This result will be coupled to a recommendation for the personalized embryo transfer in each patient according to her specific endometrial profile. In some cases (10%), it could be necessary to validate the personalized window of implantation by performing a second endometrial biopsy in the specific day designated by the first ERA test.

## Methodology

To have reproducibility of the ERA result, the test must be performed replicating exactly the same conditions that the patient will undergo in the subsequent embryo transfer cycle (cycle type, treatment, way of administration...), and always in hormone replacement therapy cycles (HRT) or natural cycles. This test cannot be performed in controlled ovarian stimulated cycles.

The first endometrial biopsy must be done always after 5 full days with progesterone administration (P+5) in an HRT cycle (120 hours with progesterone administration), or 7 days after the hCG triggering (hCG+7) in a natural cycle (168 hour after hCG triggering). In the case of transferring day-3 embryos the biopsy should still be done at P+5 or hCG+7, since the ERA checks the endometrium at the moment of implantation. In that way, if you have a receptive result at P+5, for instance, you will transfer a blastocyst at P+5 or a day-3 embryo two days earlier, at P+3.

## Report and interpretation results

The ERA report will indicate the optimum moment in which to perform the personalized embryo transfer, or in which to perform a new ERA biopsy (as appropriate).

### Interpretation of the results:

**Receptive:** The gene expression profile is concordant with a receptive endometrium. It is recommended to perform a blastocyst(s) transfer following the same protocol utilized during the ERA test.

**Early Receptive:** The gene expression profile is concordant with an endometrium at the beginning of the receptive stage. It is recommended to administer progesterone (HRT) or rest (natural cycle) for 12 hours more relative to when the biopsy was taken before performing the blastocyst(s) transfer.

**Late Receptive:** The gene expression profile is concordant with an endometrium at the end of the receptive stage. It is recommended to administer progesterone (HRT) or rest (natural cycle) for 12 hours less relative to when the biopsy was taken before performing a blastocyst(s) transfer.

### **Interpretation of the results:**

**Pre-receptive:** The gene expression profile is concordant with an endometrium at a pre-receptive stage. This could be due to a displacement of the window of implantation. In around 5% of cases (when this displacement implies 2 days) it could be required a new endometrial biopsy for validation.

**Post-receptive:** The gene expression profile is concordant with an endometrium at a post-receptive stage. This could be due to a displacement of the window of implantation. To confirm this result, the analysis of a second biopsy on the recommended day is needed.

**Proliferative:** The gene expression profile is concordant with an endometrium at a proliferative stage. It is recommended to contact the ERA laboratory to evaluate the protocol in which the endometrial biopsy was performed.

\* In approximately 5% of samples received, a result cannot be obtained. This is due to obtaining a non-informative profile or to the low quantity/quality of the genetic material extracted.

\* Following ERA report recommendations does not guarantee implantation. Failed implantation may be caused by other factors.

## Report

The aim of this test is to provide physicians with an objective molecular diagnosis of the patient's endometrial reproductive health.

The physician can use the ERA result to guide the personalized embryo transfer (pET).

This test must be prescribed and interpreted by the referring physician.

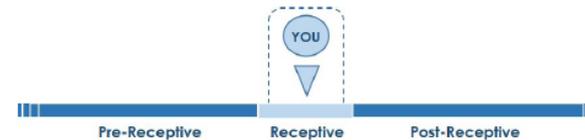
### ERA (ENDOMETRIAL RECEPTIVITY ANALYSIS)

Patient information		Sample information		Clinic information	
Unique pat id.:	123	Date received:	04/02/2018	Clinic:	IVF Clinic
Sample type:	Endometrial biopsy	Report Date:	10/02/2018	Clinician:	Dr. Gonzalez
Patient name:	D.T.C.	First intake of P4:	26/01/2018 8:15 AM	No. biopsy:	1
Patient DOB:	03/07/1980	Date of biopsy:	31/01/2018 8:15 AM	Cycle type:	HRT P+5 (120 hours)

#### TEST RESULTS:

#### RECEPTIVE

Recommendation: To perform the blastocyst/s transfer at HRT P+5 (120 ± 3 hours of progesterone administration)\*\*



#### INTERPRETATION OF YOUR RESULT:

Blastocyst/s transfer is recommended following the same protocol utilized during this Endometrial Receptivity Analysis (ERA) in HRT cycle P+5 (120 ± 3 hours of progesterone administration).

For a day-3 embryo/s, the transfer should be performed two days earlier than indicated in the recommendation for blastocyst transfer above.

\*\* This recommendation is only applicable to the same type of cycle treatment as the one used for this endometrial biopsy and if the endogenous progesterone measured prior to the first progesterone intake is <1ng/ml.

#### TEST DESCRIPTION:

ERA (Endometrial Receptivity Analysis) is a molecular tool used to determine if the endometrium (the mucous membrane lining the womb) exhibits a receptive profile after 5 days of progesterone exposure, the time at which the endometrium is typically ready for embryo implantation. This molecular diagnosis method is based on measuring the gene expression profile of endometrial tissue. Therefore, ERA helps to determine when the endometrium presents the ideal condition for embryo implantation, increasing the possibility of a successful in vitro fertilization treatment.

#### COMMENTS

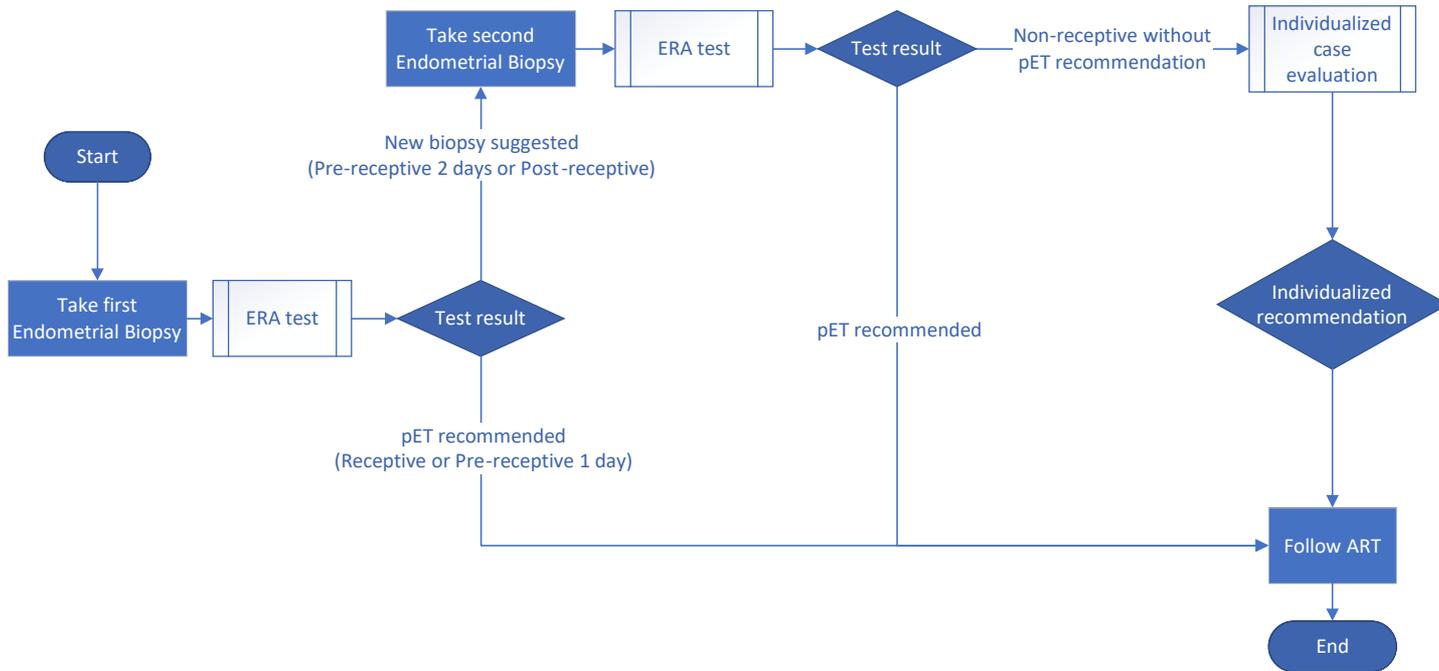
None

#### INTERPRETATION OF ERA ANALYSIS RESULTS:

##### Receptive:

This gene expression profile is compatible with a normal receptive endometrium. In this case, it is recommended to perform a blastocyst(s) transfer following the same protocol utilized during this Endometrial Receptivity Analysis (ERA).

## ERA Decision tree



## References

Díaz-Gimeno P, Horcajadas JA, Martínez-Conejero JA, Esteban FJ, Alamá P, Pellicer A, Simón C. A genomic diagnostic tool for human endometrial Receptivity based on the transcriptomic signature. *Fertil Steril*. 2011; 95(1):50-60, 60.e1-15.

Díaz-Gimeno P, Ruiz-Alonso M, Blesa D, Bosch N, Martínez-Conejero JA, Alamá P, Garrido N, Pellicer A, Simón C. The accuracy and reproducibility of the endometrial Receptivity array is superior to histology as a diagnostic method for endometrial Receptivity. *Fertil Steril*. 2013; 99(2):508-17.

Clemente-Ciscar M, Ruiz-Alonso M, Blesa D, Jimenez-Almazan J, Bahceci M, Banker M et al. Endometrial receptivity analysis (ERA) using a next generation sequencing (NGS) predictor improves reproductive outcome in recurrent implantation failure (RIF) patients when compared to ERA arrays. *Hum Reprod*. 2018; 33(Supp1):8-8.

Findikli N, Gultomruk M, Boynukalin K, Kavrut M, Oral E, Bahceci M. Combinatorial use of Endometrial Receptivity Array (ERA) and PGT-A can improve the clinical outcome in cases with previous ART failures. *Hum Reprod*. 2018; 33(Supp1):84-85.

Hashimoto T, Koizumi M, Doshida M, Toya M, Sagara E, Oka N. et al. Efficacy of the endometrial Receptivity Array for repeated implantation failure in Japan: A retrospective, two-centers study. *Reprod Med Biol*. 2017; 16(3):290-296.

## References

Mahajan N. Endometrial receptivity array: Clinical application. *J Hum Reprod Sci.* 2015; 8(3):121-9.

Pasternak M, Schattman G, Rosenwaks Z. Pregnancy outcomes in patients undergoing embryo transfer in cycle following endometrial Receptivity assay. *Fertil Steril.* 2018; 110(4):e243-244.

Ruiz-Alonso M, Blesa D, Díaz-Gimeno P, Gómez E, Fernández-Sánchez M, Carranza F, Carrera J, Vilella F, Pellicer A, Simón C. The endometrial Receptivity array for diagnosis and personalized embryo transfer as a treatment for patients with repeated implantation failure. *Fertil Steril.* 2013; 100(3):818-24.

Ruiz-Alonso M, Galindo N, Pellicer A, Simón C. What a difference two days make: “personalized” embryo transfer (pET) paradigm: a case report and pilot study. *Hum Reprod.* 2014; 29(6):1244-7.

Taguchi S, Funabiki M, Hayashi T, Tada Y, Iwaki Y, Karita M, et al. The implantation rate of Japanese infertile patients with repeated implantation failure can be improved by endometrial Receptivity array (ERA) test: A randomized controlled trial. *Fertil Steril.* 2018; 110(4):e90.



**EMMA** Endometrial Microbiome  
Metagenomic Analysis



## Rationale

The Human Microbiome Project (HMP) has highlighted **the importance of different microorganisms and their genomes in human health and disease** (Human Microbiome Project Consortium, 2012).

Identification of dysbiotic or pathogenic microbiomes may be key to improving clinical outcomes in various areas of medicine.

Recent research has **identified the existence of an endometrial microbiome**, and has demonstrated that dysbiosis of the uterine cavity is associated with poor reproductive outcomes in assisted reproductive treatment patients. This suggests that pathogenic variations of endometrial Lactobacilli levels could play a role in infertility (Moreno et al. Am J Obstet Gynecol, 2016).

EMMA (Endometrial Microbiome Metagenomic Analysis) can determine if the uterine microbial environment is optimal for embryo implantation.

EMMA provides a complete view of the endometrial bacterial composition, including pathogens causing chronic endometritis (CE) that can be specifically investigated in ALICE.

## Indications for EMMA

The impact of the endometrial microbiome in patients with Repeated Implantation Failure (RIF) has been demonstrated (Moreno et al. Am J Obstet Gynecol, 2016). However, **EMMA can be beneficial for any patient wishing to conceive**, by assessing the microbiological environment that the embryo will encounter at implantation.

## Methodology

This test uses the latest Next Generation Sequencing (NGS) technology to provide microbiome information for endometrial tissue by analyzing the **complete endometrial microbiome profile**. The technology is based on DNA extraction followed by amplification and barcoded sequencing of the bacterial 16S ribosomal RNA gene.

This bacterial gene, conserved in all bacteria, presents nine variable regions with species-specific DNA sequences. This enables the taxonomic assignment and relative quantification of each bacteria present in a sample.

A single endometrial sample contains both endometrial and bacterial cells. These can be analyzed using deep sequencing to predict both endometrial receptivity and the endometrial microbiome. EMMA thus provides a microbiological view of the endometrium, to improve clinical management of patients.

## Report and interpretation of the results

The EMMA report will provide information about the overall microbial health of the uterine cavity.

This includes:

- Percentage of Lactobacilli in the endometrial sample.
- Percentages of bacteria detected in the endometrial sample (for those present in a representative amount).
- Classification of the endometrial microbiota profile: normal (high percentage of *Lactobacillus*), abnormal (significant presence of pathogenic or dysbiotic bacteria), mild dysbiosis (low percentage of *Lactobacillus*) or ultralow biomass (the amount of the endometrial flora is extremely low)
- Suggested probiotic/antibiotic therapy. Recommendations for antibiotic therapy will always be guided by an expert clinical microbiologist, who will counsel the doctor on an individual basis.
- ALICE test results: because EMMA includes ALICE, the results of CE diagnosis and abundance of CE causing bacteria are also shown in the EMMA report.

## Report and interpretation of the results

Recommendations for antimicrobial therapy will always be guided by an expert clinical microbiologist, who will counsel the doctor on an individual basis.



PIONEERS IN REPRODUCTIVE GENETICS

### ENDOMETRIAL MICROBIOME METAGENOMIC ANALYSIS (EMMA)

Patient information	Sample information	Clinic information
Unique pat id:	Date received:	Clinic:
Patient name:	Report date/time:	Clinician:
Patient DOB:	Sample type: Endometrial Biopsy	
Allergic to antibiotics:	Cycle type:	
	No. Biopsy:	
	Date of biopsy:	

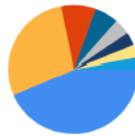
**EMMA TEST RESULT** MILD DYSBIOTIC MICROBIOME PROFILE

**ALICE TEST RESULT** NEGATIVE FOR BACTERIAL PATHOGENS CAUSING CHRONIC ENDOMETRITIS

**EMMA**

Most abundant bacteria	%
Lactobacillus	4,04% *
Flavobacterium	43,60%
Bacillus	8,72%
Propionibacterium	5,97%
Streptococcus	3,36%
Corynebacterium	3,16%
Gemmata	2,97%
Others	28,17%

\* For reference intervals, please refer to Moreno et al., Am J Obstet Gynecol. 2014.



**ALICE**

Chronic Endometritis pathogens	%
Enterobacteriaceae	Not Detected
Escherichia	Not Detected
Klebsiella	Not Detected
Chlamydia	Not Detected
Neisseria	Not Detected
Ureaplasma	Not Detected
Mycoplasma	Not Detected
Enterococcus	Not Detected
Staphylococcus	Not Detected
Streptococcus	3,36%

**INTERPRETATION OF YOUR RESULT AND RECOMMENDATION**

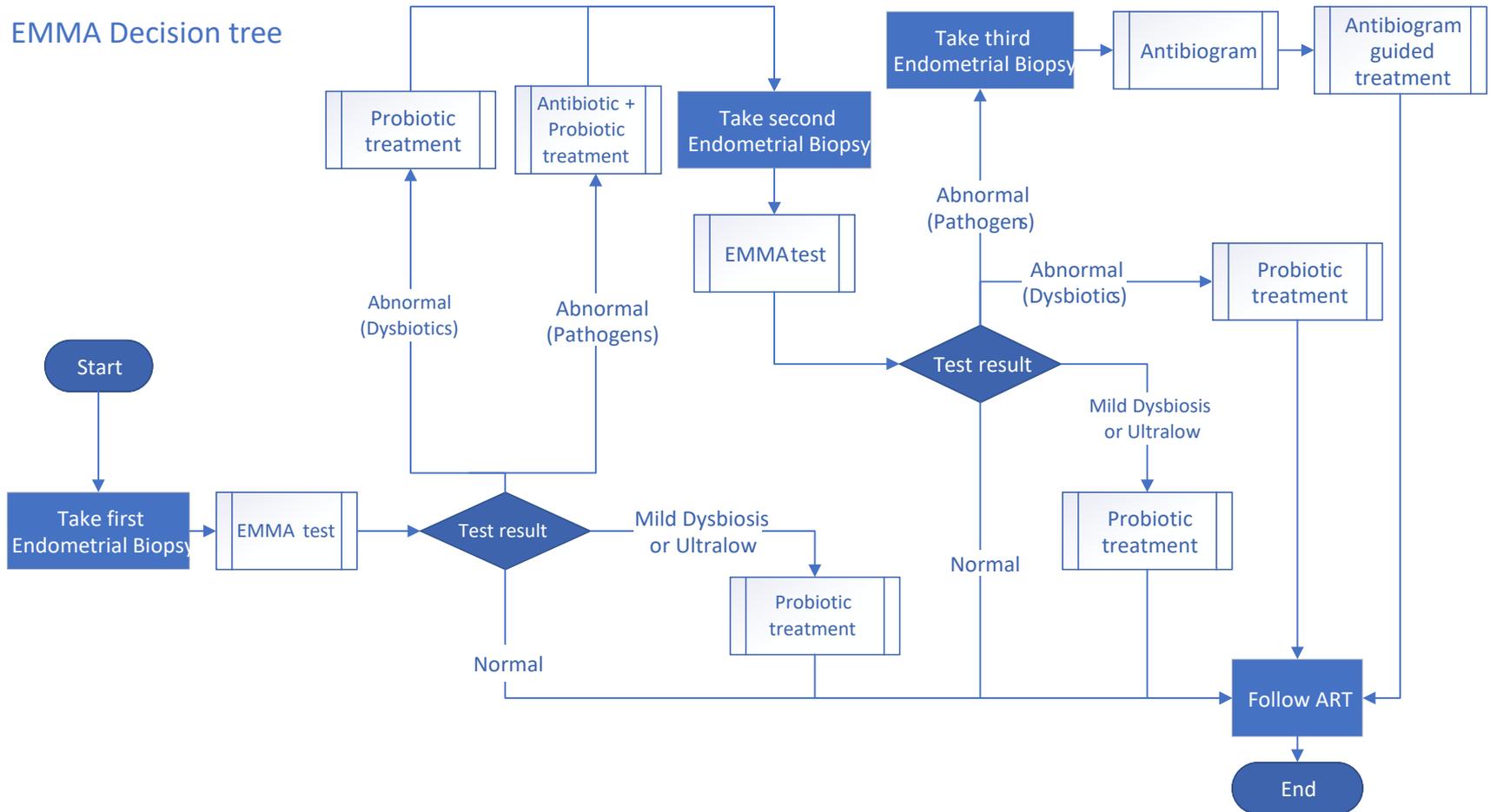
The percentage of Lactobacilli is below the standard described for endometrial health. However, the amount of pathogenic bacteria is not significant, so antibiotic therapy is not recommended.

Probiotic treatment with vaginal Lactobacillus is recommended to increase the proportion of Lactobacilli in the endometrium. A second biopsy is not required.

**SUGGESTED THERAPY**

Probiotic treatment with vaginal Lactobacillus is recommended. A list with recommended probiotics of vaginal administration is provided at the end of this report.

EMMA Decision tree



## **Benefits of NGS microbiome vs microbial culture**

Microbial culture is the current gold-standard method for assessment of bacterial populations and infection. However, it has been demonstrated that, depending on location, between 20% and 60% of bacteria cannot be cultured. Molecular assessment of the microbiome using NGS allows detection of culturable and non-culturable bacteria.

## References

Human Microbiome Project Consortium. Structure, function and diversity of the healthy human microbiome. *Nature* 2012; 486:207–14.

Moreno I, Codoñer FM, Vilella F, Valbuena D, Martinez-Blanch JF, Jimenez-Almázan J, Alonso R, Alamá P, Remohí J, Pellicer A, Ramon D, Simon C. Evidence that the endometrial microbiota has an effect on implantation success or failure. *Am J Obstet Gynecol* 2016; 215:684-703.



**ALICE** Analysis of Infectious  
Chronic Endometritis



## Rationale

The best example of pathology caused by an altered endometrial microbiota is chronic endometritis (CE). CE is a persistent inflammation of the endometrial lining, caused by infection of the uterine cavity, mainly by bacterial pathogens. Because it is usually asymptomatic and current classical diagnosis methods (histology, hysteroscopy and microbial culture) are unsatisfactory, CE is often overlooked, although it affects approximately 30% of infertile women, and prevalence in patients with RIF and Recurrent Pregnancy Loss (RPL) could reach 60%.

A recent study carried out by Igenomix has demonstrated that molecular assessment of CE is a reliable diagnostic method compared to classical methods (Moreno et al. Am J Obstet Gynecol, 2018). This new approach should improve detection of this often-undiagnosed endometrial pathology, by identifying specific microorganisms and enabling guided, personalized treatment.

ALICE (Analysis of Infectious Chronic Endometritis), detects the most frequent bacteria that cause chronic endometritis. This expands the service offered by Igenomix, to evaluate the endometrium at the microbiological level, with the aim of improving the clinical management of patients with this silent disease.

## **Indications for ALICE**

ALICE can be beneficial for any patient wishing to conceive, by assessing the microbiological environment that the embryo will encounter at implantation. ALICE may also be beneficial for patients with a history of RPL and/or RIF, because CE has been linked to these events.

## Methodology

ALICE uses the latest NGS technology to provide information of the abundance of the specific bacteria causing CE in an endometrial sample.

The technology is based on DNA extraction followed by amplification and barcoded sequencing of the bacterial 16S ribosomal RNA gene.

This bacterial gene, conserved in all bacteria, presents nine variable regions with species-specific DNA sequence. This **enables the taxonomic assignment and relative quantification of CE bacteria present in a sample.**

## Report and interpretation of the results

The ALICE report will focus on the detection and abundance of those specific bacteria that cause CE.

These bacteria are: *Enterococcus* spp., Enterobacteriaceae (*Escherichia* and *Klebsiella*), *Streptococcus* spp., *Staphylococcus* spp., *Mycoplasma* spp, and *Ureaplasma* spp. In addition, other pathogens associated with sexually transmitted infections (STI), such as *Chlamydia* and *Neisseria* spp. will be reported.

According to the result, the report will recommend a treatment with the proper antibiotics and probiotics for each patient.

## Report and interpretation of the results

Recommendations for antimicrobial therapy will always be guided by an expert clinical microbiologist, who will counsel the doctor on an individual basis.

### ANALYSIS OF INFECTIOUS CHRONIC ENDOMETRITIS (ALICE)

Patient information	Sample information	Clinic information
Unique pat id:	Date received:	Clinic:
Patient name:	Report date/time:	Clinician:
Patient DOB:	Sample type: Endometrial Biopsy	
Allergic to antibiotics:	Cycle type:	
	No. Biopsy:	
	Date of biopsy:	

#### ALICE TEST RESULT

POSITIVE FOR BACTERIAL PATHOGENS CAUSING CHRONIC ENDOMETRITIS

Chronic Endometritis pathogens	%
Enterobacteriaceae	Not Detected
<i>Escherichia</i>	Not Detected
<i>Klebsiella</i>	Not Detected
<i>Chlamydia</i>	Not Detected
<i>Mycoplasma</i>	Not Detected
<i>Neisseria</i>	Not Detected
<i>Ureaplasma</i>	Not Detected
<i>Enterococcus</i>	Not Detected
<i>Staphylococcus</i>	Not Detected
<i>Streptococcus</i>	13.66%

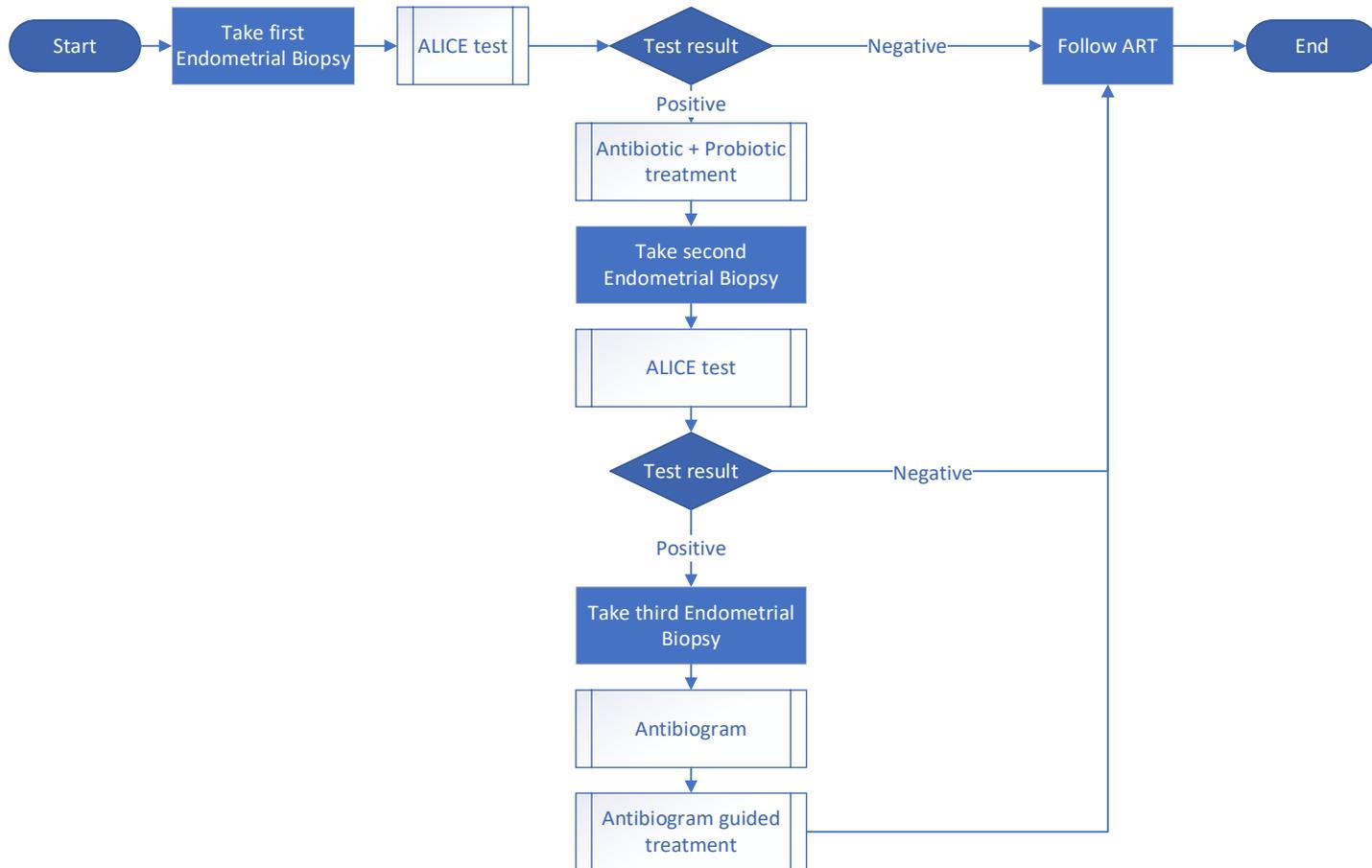
#### INTERPRETATION OF YOUR RESULT AND RECOMMENDATION

DNA from chronic endometritis causing bacteria has been detected in a significant amount in the endometrial sample.

Antibiotic therapy followed by probiotic treatment is recommended before continuing with ART. Please find below the suggested therapy based on the bacteria detected. We also recommend the analysis of a second sample after treatment, to confirm the restoration of a favourable environment for implantation.

#### SUGGESTED THERAPY

Amoxicillin / Clavulanic acid 500mg-125mg/8h for 7 days followed by probiotic treatment is recommended. A list with recommended probiotics of vaginal administration is provided at the end of this report.



## Benefits of NGS CE pathogen detection vs classical methods

Current diagnosis of CE is traditionally based on histology, hysteroscopy and/or microbial culture.

However, these three classical methods provide inconclusive or misleading results in 80% of cases. While histology usually underdiagnoses CE, hysteroscopy usually overdiagnoses the disease. These methods cannot accurately identify the pathogens causing the disease, and broad-spectrum antibiotics are often prescribed. Microbial culture is able to isolate the causing disease pathogen; however, between 20% and 60% of bacteria cannot be cultured in standard laboratory conditions or are not usually interrogated in the clinical practice.

Molecular microbiology presents equivalent results to the combined results obtained by using histology, hysteroscopy and microbial culture (Moreno et al. Am J Obstet Gynecol, 2018).

## References

Moreno I, Cicinelli E, Garcia-Grau I, Gonzalez-Monfort M, Bau D, Vilella F, De Ziegler D, Resta L, Valbuena D, Simon C. The diagnosis of chronic endometritis in infertile asymptomatic women: a comparative study of histology, microbial cultures, hysteroscopy, and molecular microbiology. *Am J Obstet Gynecol* 2018; 218(6):602.e1-602.e16.

Cicinelli E, Matteo M, Tinelli R, Pinto V, Marinaccio M, Indraccolo U, De Ziegler D, Resta L. Chronic endometritis due to common bacteria is prevalent in women with recurrent miscarriage as confirmed by improved pregnancy outcome after antibiotic treatment. *Reprod Sci* 2014; 21(5):640-7.

Cicinelli E, Matteo M, Tinelli R, Lepera A, Alfonso R, Indraccolo U, Marocchella S, Greco P, Resta L. Prevalence of chronic endometritis in repeated unexplained implantation failure and the IVF success rate after antibiotic therapy. *Hum Reprod* 2015; 30(2):323-30.

# Endometrial biopsy



# ❖ Endometrial biopsy

Just one endometrial biopsy is needed, either to analyze for a single test or for EndomeTRIO (results for ERA, EMMA, and ALICE).

Igenomix will supply a cryotube for each biopsy. The cryotube contains 1.5 ml of a transparent solution to preserve the genetic material. The cryotube must be labeled with the date of the biopsy, patient name and date of birth.

The endometrial biopsy must be taken from the uterine fundus using a pipelle catheter (Genetics, Hamont Achel, Belgium) or similar. When taking the endometrial biopsy it is very important to take enough quantity of tissue, around 70mg, being sure that there is not only blood or mucus. It is important too not to exceed the white line marked in the cryotube, in order to avoid possible degradation of the genetic material.



# • Endometrial biopsy

After the biopsy has been performed, the sample will be transferred immediately to the supplied cryotube. The cryotube with the sample will be vigorously shaken for a few seconds.

Make sure that the cryotube actually contains endometrial tissue before sending it to our premises.

The cryotube with the sample will be kept inside a refrigerator (4-8°C/39-46°F) immediately after being taken for at least 4 hours. After this time, samples may be sent to Igenomix at room temperature (<35°C/95°F)

Samples may also be kept inside a refrigerator for up to 3 weeks or may be frozen at -20°C/-4°F (after the first 4 hours at 4-8°C/39-46°F) if they are not to be sent immediately to Igenomix. However, if an EMMA or ALICE test is requested, it is recommended not to store the samples and to process it immediately after collection. Deliveries at room temperature should never take longer than 5 days.

# ❖ Day of endometrial biopsy

In the case that an ERA test is requested (alone or coupled with other tests) the endometrial biopsy will be performed according to the indications described below<sup>1) and 2)</sup>)

In the case that just an EMMA or ALICE test is requested, the endometrial biopsy must be taken following the same protocol for ERA or between days 15 and 25 in a natural cycle.

1) The ERA diagnosis is valid for the type of cycle in which the test was performed, and therefore the embryo must be transferred in the same type of cycle and personalized window of implantation within which a 'Receptive' diagnosis was obtained. Therefore the type of cycle in which the biopsy is going to be taken will be selected according to the type of cycle planned for the embryo transfer.

# ❖ Day of endometrial biopsy

2) Cycle type:

a) **Hormone Replacement Therapy Cycle:** Involves treatment with oestrogen and progesterone to inhibit endogenous production of these hormones, following the routine protocol at the clinic or our standard protocol:

Patient starts estradiol therapy from the 1st or 2nd day of the menstrual cycle. Ultrasound assessment is performed 7 to 10 days later.

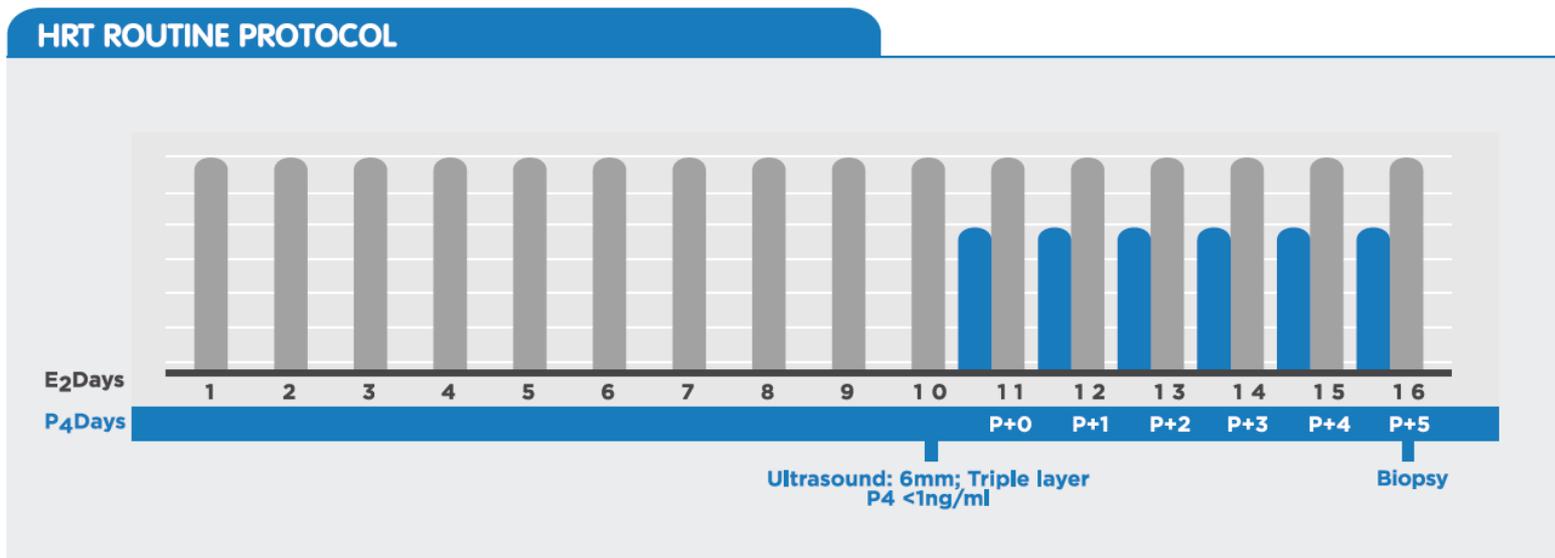
Start the progesterone (P4) intake when a trilaminar endometrium >6 mm is reached with a serum P4 < 1 ng/ml (within the 24 hours prior to starting exogenous P4), continuing with estradiol treatment. The day on which the P4 treatment starts is referred to as P+0, and the biopsy is taken on day P+5, after five full days (120 hours from the first intake to biopsy collection). In HRT cycle it is very important to be sure that there is no ovulation, and therefore it is recommended to always measure the endogenous P4 level within the 24 hours prior to the first P4 intake. The level should be <1ng/ml, otherwise it is recommended to cancel the cycle and start a new one.

b) **Natural Cycle:** hCG (recombinant or urinary) is administered according to routine parameters in a natural cycle (follicle size > 17 mm). The day of the hCG administration is considered as hCG+0 and the biopsy will be taken seven days later, at hCG+7 (168 hours after the hCG triggering).

c) **Controlled ovarian stimulation:** The endometrial biopsy cannot be performed in a controlled ovarian stimulated cycle. Therefore, it should be performed in a subsequent HRT or natural cycle as indicated above.

The first biopsy will be performed always at P+5, hCG+7 or LH+7, since the ERA checks the endometrium at the moment of implantation. If you have a receptive result at P+5, for instance, you will transfer a blastocyst at P+5 or a day-3 embryo two days earlier, at P+3.

# • Day of endometrial biopsy



# Logistics

## Sample and documents:

- Sample: send the endometrial biopsy at room temperature inside the cryotube supplied by Igenomix.
- For shipment during the summer, or when temperatures reach  $>35^{\circ}\text{C}/95^{\circ}\text{F}$ , it is recommended to add an ice pack in the shipment.
- Documentation: A copy of the informed consent and test requisition form must be completed for each sample and shipped along with the sample. Documentation can be downloaded in the following link:

<http://endometrial.igenomix.com/>

## Shipment:

- Please inform us by email about each shipment of samples, indicating the number of samples and their clinical or reference record number.
- You may employ your usual Courier Company or if you prefer, we can inform you about our pick up service.

## ENDOMETRIAL HEALTH SOLUTIONS

REQUESTED TEST	TESTS INCLUDED AND APPLICATION		
 (INCLUDES ALICE, EMMA AND ERA)	<b>ENDOMETRIAL RECEPTIVITY ANALYSIS</b> Expression of 248 genes to guide pET*	 <b>COMPLETE MICROBIOME ANALYSIS</b> Percentage of Lactobacilli and dysbiotic bacteria <i>Microbiological counseling for a personalized treatment</i>	 <b>CHRONIC ENDOMETRITIS</b> Pathogenic bacteria related to CE <i>Microbiological counseling for a personalized treatment</i>
	<b>ENDOMETRIAL RECEPTIVITY ANALYSIS</b> Expression of 248 genes to guide pET*		
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			<b>CHRONIC ENDOMETRITIS</b> Pathogenic bacteria related to CE <i>Microbiological counseling for a personalized treatment</i>

\*pET: personalized embryo transfer

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PIONEERS IN REPRODUCTIVE GENETICS