



S A M A A

FERTILIZATION CENTER

A guide to Endometrial Receptivity Analysis (ERA)


مرکز سماء للأخصاب
Samaa Fertilization Center

The Endometrial Receptivity Array (ERA)

Problems with endometrial lining are one of the most common causes of infertility in women. The uterus is lined with a tissue called the *endometrium*, which is prepared each month for the arrival of an embryo and is the place where implantation and gestation occurs. Sometimes embryo implantation does not progress successfully, and this is usually due to issues with endometrial receptivity.

In both, natural cycles after ovulation, and after egg collection in IVF treatments, there is an "implantation window", i.e. a narrow window of opportunity when the womb lining is at its optimal thickness and readiness to receive an embryo and allow successful implantation. This occurs around days 19-21 in each menstrual cycle of a fertile woman. The timing of embryo transfer in IVF is traditionally based on a standard number of days following egg collection (either the 3rd or 5th day post egg collection) and on a standard number of days on progesterone medication. This timeframe however may not represent the ideal "window of implantation" for all patients. The lack of synchronization between the embryo and endometrial receptivity is one of the causes of recurring implantation failure. By assessing the endometrium however, we can determine the optimal day for embryo transfer for each patient.

Our aim at the Samaa Fertilization Center is to offer tailor made fertility treatment personalized to each of our patients' individual needs. ERA identifies a patient's unique "window of implantation" leading to a personalized embryo transfer on the day that is best for you. By taking a small biopsy of the endometrium, the ERA test allows the analysis of 236 genes to look for the genes that are vital to implantation - that should be "switched on"

when the lining is *Receptive* i.e. ready to receive an embryo. The ERA test is used to evaluate whether the endometrium is receptive or non-receptive at the time of the biopsy. Early research suggests that in a small number of women (approximately 20% of those with recurrent IVF failure) this "implantation window" is not as expected and the results show the lining to be "pre-receptive" or "post-receptive". If the ERA test shows that the endometrium is 'non receptive' this allows us to find a personalized window of implantation for each patient.

The ERA biopsy is a safe straightforward technique performed by our highly skilled fertility specialists. Sedation is not required, and it is relatively painless. The biopsy should typically be carried out on day LH+7 (natural cycle) or day P+5 (HRT cycle). Results are usually available 15 days later. Following ERA, embryo transfer should be performed in the same type of cycle and on the same day in which a receptive result was obtained in order to ensure optimum results.

Indications for ERA biopsy:

- ✓ Women who have experienced implantation failures with morphologically good quality embryos.
- ✓ Women with a morphologically normal uterus and normal endometrial thickness (≥ 6 mm).



Transferring an embryo at the optimal time maximizes your chances of achieving your long-awaited pregnancy.



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