

## **Recurrent Implantation Failure**

### **Information Leaflet**

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### **Recurrent Implantation Failure**

If you have repeated unsuccessful treatments it is a very difficult experience both physically and emotionally. This information leaflet looks at the reasons why embryos do not implant and the tests and treatment that you may be offered.

### **Why are my embryos not implanting or my pregnancies not continuing?**

There are a number of different reasons why treatment may be unsuccessful. These may be related to the eggs, sperm, womb or embryos. After the loss of 2 or more pregnancies or the unsuccessful implantation of 3 high quality embryos you will be offered testing to try and discover why.

However in around 60% of cases we do not find a reason why but this doesn't mean that future treatment won't be successful.

### **What tests will you do?**

You will be offered an appointment with an experienced clinician who will review your personal and family history and your treatment cycles to date.

Tests that you may be offered will include blood tests to look at your thyroid function, blood clotting, antibodies and genetics. If you haven't already had a 3D ultrasound of your womb then we may also arrange this. There are also additional sperm tests that we may advise.

### **What happens after the tests?**

If any results come back as abnormal then we will advise what treatment is necessary.

We would also consider an Endometrial Scratch in your next treatment cycle as this has been shown to increase success rates in case of recurrent implantation failure. This is a simple procedure, similar to having an embryo transfer.

### **What other treatment options are there?**

Other treatment options include genetically screening the embryos with an aim of only putting back genetically normal embryos. Or we may carry out further tests on the womb lining to look for issues with receptivity, the microbiome or the immune system.

Unfortunately these tests are usually only available if you are self-funding.

## What can I do?

We would advise you not to smoke, this includes vapes, and to limit your alcohol consumption to the recommended safe levels or avoid it altogether.

We would advise you wherever possible to ensure that your BMI (body mass index) is above 19 and below 25 or that you are working to achieve that and to have 5 portions of fruit or vegetables per day.

All women hoping to conceive should be taking 400mcg folic acid daily (5mg if at risk of neural tube defects, diabetic or epileptic or BMI greater than 30) and 10mcg of vitamin D. You can buy folic acid and vitamin D over the counter in supermarkets or pharmacies but if you require 5mg folic acid then we will prescribe that.

**We recognise that this is a very difficult time for you and self-care is important.**

**Our counsellors are available to support you and can be contacted on 0151 702 4075.**

**Further information on additional treatments for recurrent implantation failure is available from the HFEA via <https://www.hfea.gov.uk/treatments/explore-all-treatments/treatment-add-ons/>**

This leaflet can be made available in difference formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at [pals@lwh.nhs.uk](mailto:pals@lwh.nhs.uk)

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