

| EMMA Test: Assessing the Uterine Microbiome

The EMMA test (Endometrial Microbiome Analysis) evaluates the balance of bacteria in the uterus to determine whether the environment is optimal for embryo implantation. A healthy endometrial microbiome plays a key role in successful pregnancy, while an imbalance (known as endometrial dysbiosis) may contribute to implantation failure or miscarriage.

How is the Test Performed?

- ⇒ A small sample of the endometrial lining is collected through a biopsy.
- ⇒ The procedure is quick and minimally invasive, often done in a doctor's office without anaesthesia.
- ⇒ The risks are very little. Mild pelvic pain and bleeding are the most common. Uterine infection is a very rare complication.
- ⇒ In some cases, we required preparation for this test and may need to be timed with your cycle. The coordinators will send you instructions before booking your test.
- ⇒ The sample is analysed using genetic sequencing to detect beneficial and harmful bacteria.

Who Should Consider This Test?

This test is recommended for women who:

- Have experienced implantation failure after IVF.
- Have had recurrent miscarriages with no clear explanation.
- May have an imbalance in uterine bacteria (dysbiosis) that could be affecting fertility.

If an imbalance is detected, treatment options, such as probiotics or antibiotics, can help restore a healthy microbial environment, improving the chances of a successful pregnancy.

Currently, there is no single "perfect" diagnostic test. In fact, the medical literature reveals ongoing controversy and a lack of consensus regarding when to use one test over another. In many cases, it may be appropriate to perform multiple tests, as their interpretation greatly depends on the individual clinical context. These tests can provide complementary insights, and the decision to use them should be tailored to each patient's unique history, presentation, and fertility journey.

Costs

ALICE & EMMA €990

EndomeTRIO (ERA + ALICE + EMMA) €1800