UNDERSTANDING YOUR FERTILITY CARE
Endometrial Receptivity Analysis (ERA)

What ERA testing is, why it may be recommended, and what to expect.

WHAT IS AN ERA?

An ERA is a laboratory test performed on a small sample of the uterine lining (endometrium). It examines whether the lining appears receptive at the time the sample is collected. Your physician may use this information when planning the timing of a future frozen embryo transfer.

WHY MIGHT ERA BE RECOMMENDED?

The timing of endometrial receptivity may vary from person to person. In selected circumstances, an ERA may provide additional information about your individual window of receptivity and help your physician plan the timing of a future frozen embryo transfer.

WHAT TO EXPECT.

ERA testing is usually performed during a cycle that mimics preparation for a frozen embryo transfer. A small sample of the uterine lining is collected through a brief endometrial biopsy and sent for analysis. You may experience temporary cramping or discomfort. Your care team will review your results and next steps with you.

IMPORTANT TO KNOW

An ERA is a tool that may help guide the timing of a future frozen embryo transfer, but it does not guarantee pregnancy. Many factors can influence the outcome of treatment.

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