

Normal Endometrium Study

We are recruiting women for the Normal Endometrium Study. If you qualify and complete this study, you will be compensated \$200. So, first I want to repeat the **basic criteria** to participate- if you have any questions about any of these, please give me a call, **843-8621**, and we can discuss.

To participate you must be able to say "yes" to the following:

- I am between 18 and 35 years old.
- I am not currently taking any form of hormonal birth control such as the pill, the patch, depo-provera shots, nuva-ring, etc. I'm also not using an IUD of any kind.
- I am not pregnant now and not trying actively to get pregnant in the next few months.
- I have regular periods/I get my period every 25-35 days.

There are a few other things that might exclude you depending on your medical history.

Examples are having uterine fibroids, breastfeeding, obesity, or other conditions that may affect the endometrium. Obesity is defined by your body-mass index, or BMI. You can check that here (you must have a BMI of 29 or less):

http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/english_bmi_calculator/bmi_calculator.htm

This is what happens in the study:

You would first come by the ART Clinic at UNC Hospital to discuss details and sign consent forms. The study coordinator (Amy) may also give you ovulation test kits to use at home. You should be prepared to know approximately when you last started your period (or when it may start next).

There are **two procedures** involved in the study: **a lavage and an endometrial tissue sample**. They both begin like a routine visit to the gynecologist for a PAP test. A lavage is simply a wash with sterile saline (salt water). The cervix is cleaned with betadine (iodine) and a very thin tube is placed just inside the opening of the uterus and saline is used to gently wash the inside of the uterus to collect secreted proteins. The feeling is mainly like menstrual cramps. Next, another very thin plastic tube is similarly placed and a small piece of the endometrium is collected. The endometrium is the inner lining of the uterus. It gets sloughed away every time you get your period and then gets regenerated every month, so taking this sample is not damaging. It will not affect your ability to get pregnant later on.

Sometimes, usually with women who have never had children, the cervical opening is very tightly closed. If the doctor senses that proceeding might be very uncomfortable, we will stop everything and still compensate you \$100 for undergoing the pelvic exam. Because we need samples from different times of the menstrual cycle, the time you would return to the clinic for the study procedure varies. **Most appointments are scheduled for 8:15am**, but you can always request a different time and we can plan that based on physician availability. Women can give samples at anytime except when actively bleeding. If you will give a sample later in the month, it will be very important for the doctors to know when you ovulated and the ovulation test kits will also be used.

Appointments typically take no more than 1 hour.

The ovulation test kits are very easy to use. Like a home pregnancy test, these tests kits use a few drops of urine to make a color change on a test strip. You do one test per day for usually 3-6 days. What is being detected is luteinizing hormone, which rises sharply to signal for an egg to be released from the ovaries. So, when the test is positive, that's also called your LH surge (see on picture below). It usually happens 10-14 after the first day your period starts.

We hope you will consider doing this, as it is incredibly important in helping us to understand how the endometrium functions, especially in women who have issues such as recurring pregnancy loss and endometriosis. Please let us hear from you if you want to get involved or if you just have more questions.

Thank you for taking time to consider this- look forward to hearing from you!

Amy

919-843-8621

obstudy@med.unc.edu

[\(amyleigh@med.unc.edu\)](mailto:amyleigh@med.unc.edu)

