

Supplementary Table 1: Table of examples of add-ons

Add-ons for eggs, sperm, embryos	
Egg activation	Trying to stimulate egg activation with a substance called calcium ionophore which the embryo is treated with.
Intrauterine culture	Fertilising the egg in the lab then transferring the embryo in an intrauterine culture device into the womb where it stays for a few hours during embryo development. It is then removed and the embryo put back in an incubator.
Embryo Glue	EmbryoGlue contains a substance called hyaluronan, which aims to improve the chance of the embryo implanting in the womb.
Elective freeze-all cycles	Creating embryos then freezing them all so none are transferred in the 'fresh' cycle.
Assisted hatching	Using acid, lasers or other tools to thin or make a hole in the zona pellucida (the layer surrounding an embryo) in order to try to help the embryo 'hatch'.
Preimplantation genetic testing (PGT)	Checking the genes or chromosomes of the embryos for abnormalities before deciding which embryo to transfer.
Sperm DNA test	Analysing the DNA in sperm for damage.
Embryo culture media containing growth factors (BlastGen, EmbryoGen)	Adding growth factors to the solution used to bathe the embryos as they grow in the lab.
Intra-cytoplasmic morphologically selected sperm injection (IMSI)	Using a high-power microscope to look at the sperm to try to help with selection of the best sperm prior to ICSI.
SpermSlow	A solution containing hyaluronic acid to try and help select the best sperm prior to ICSI.
Incubator	
Time-lapse imaging (Embryoscope, Primovision, CAREmaps)	A process that enables many images of the developing embryos to be taken without removing them from the incubator. It also has the ability to help the embryologist decide which is the best embryo to replace
Medications, including tablets and drips	
Intravenous immunoglobulin (IVIG)	A blood product containing antibodies given through a drip to try to help the immune system not to reject an embryo.
Tumour necrosis factor alpha blocking agents	Medicine given either as an injection under the skin or into a vein to try help the immune system not to reject an embryo.
Intralipid infusion	Medicine given through a drip to reduce the activity of NK cells in the immune system to try to improve IVF outcomes.
Quad therapy: aspirin, heparin, progesterone and prednisolone	A combination of medicines to try to help implantation and the early growth of an embryo.
Platelet rich plasma	A blood product infused either into the uterus or injected into the ovaries to try to improve egg quality or the chance of an embryo implanting into the lining of the womb.

Testosterone or androgens (DHEA, androderm patch)	A hormone given to try to improve the number and quality of eggs and embryos.
Procedures	
Endometrial scratching	A procedure carried out before IVF where the lining of the womb is deliberately scratched to try and make the womb lining more receptive to the embryo implanting.
Endometrial receptivity array (ERA)	A genetic test undertaken from a sample of the lining of the womb to try and help with timing of embryo transfer.
Alternative therapies	
Chinese medicine	The use of herbal medicines to try and improve fertility treatment outcomes.
Acupuncture	Inserting small needles into the skin at specific places on the body to try to improve fertility outcomes.