

# WHAT TESTS DO YOU NEED BEFORE YOUR FET?

Below is a thorough list of testing to request from your doctor if you're TTC/having fertility challenges  
Blood Tests can be ordered here (U.S. clients only): <https://www.ultalabtests.com/>

## LAB TESTS

- Miscarriage panel if any previous losses (you can find this at [AimeeRaupp.com/Miscarriage](https://www.aimeeraupp.com/Miscarriage))
- Test vitamin D levels & don't transfer unless levels are above 30 ng/ml (ideal if they are between 50-80 ng/ml)
- Test TSH levels & don't transfer unless levels are 1-2.5. If your TSH is a little below 1 (like .7 or so) that is fine as TSH typically jumps in early pregnancy. I would NOT recommend transfer if TSH is above 2.5; I'd recommend medicating to achieve optimal TSH level and then transfer.
- Include re-testing any other tests that the specific client is tracking related to their own health, e.g., thyroid antibodies or other antibodies, etc.
- If you have had previous losses, please get all of the recommended autoimmune testing on Miscarriage panel above

(for the ideal ranges, refer to chapter 10 in Aimee's best-selling fertility book: Yes, You Can Get Pregnant; note that many of these tests are not standardly done by your doctor, so you will have to ask specifically. Remember: don't take no for an answer or find a doctor that will do these tests. Functional Medicine doctors may be the best for such tests.)

## UTERINE FUNCTION TESTS

- Hysteroscopy & rule out endomeTRITIS (also look for scar tissue/septum/polyps/fibroids etc.)
- Specify "endometrial biopsy to rule out endomeTRITIS"
- Mention saline sonogram as another option if the doctor won't do hysteroscopy (however a hysteroscopy is always preferred over a saline sonogram/SIS)
- Additional uterine function tests like Receptiva, Emma + Alice, ERA if called for/doctor will do.
- Check out [Fertilysis testing](#), specifically their microbiome testing

## ACUPUNCTURE

- It is recommended to have weekly acupuncture in the lead up to your FET. Consistent & regular acupuncture shows a 30% improved success rate. Team Aimee has acupuncturist in the tristate area.

## POST TRANSFER RECOMMENDATIONS

- Please review Aimee's Two Week Wait checklist here: [AimeeRaupp.com/TwwTips](https://www.aimeeraupp.com/TwwTips)

## SUPPLEMENTS, LIFESTYLE & DIET

- For a detailed, specific and individualized protocol for your fertility please work with our team: [AimeeRaupp.com/Coaching](https://www.aimeeraupp.com/Coaching)

*Aimee Raupp*