

# WHAT TESTS DO YOU NEED FOR YOUR FERTILITY?

## LAB TESTS

This is a thorough list of all the baseline labs that you should do to understand the root challenges, if any, impacting your fertility & ability to get pregnant. We run these tests on our coaching clients.

- CBC with differential
- vitamin D
- Vitamin B6
- Fasting glucose (you need to have not eaten)
- Fasting insulin
- Fasting leptin
- HA1C
- Iron
- Ferritin
- TSH
- Free T4
- Free T3
- TPO antibodies
- TG antibodies
- free testosterone
- DHEA-s
- Progesterone (on or about 6-7 days POST ovulation)
- MTHFR
- Clotting factors (i.e. factor V leiden factor, PAI-1, lupus anticoagulant, APA)
- hsCRP (C-reactive protein)- this is an inflammatory marker
- Homocysteine
- Fibrinogen & Ferritin- to assess clotting issues, inflammation & iron status
- ANA

(for the ideal ranges, refer to the Fertility Lab Reference Guide in my book *Yes, You Can Get Pregnant* (2026); 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. Work with Team Aimee to get these tests completed.)

## ADDITIONAL 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.
- Tests you can order on your own to check uterine microbiome: Fertilysis Microbiome or MicroGenDx Women's Key
- If you have had previous miscarriages please also download my miscarriage panel at [AimeeRaupp.com/Miscarriage](https://AimeeRaupp.com/Miscarriage)

*Aimee Raupp*