

Aimee Raupp

Two Week Wait and IVF Implantation Support Checklist

Supporting implantation, mitochondrial health, and early embryo development

The two week wait is not a passive waiting period. It is an active implantation and cellular communication phase. During this time, your body is supporting embryo signaling, uterine receptivity, immune tolerance, mitochondrial energy production, and progesterone stability. Your nervous system, circadian rhythm, metabolic health, and uterine blood flow all directly influence implantation success.

In Chinese medicine, this is a Kidney Yang–dominant phase. The uterus must remain warm, well-nourished, and richly supplied with Blood and Qi to support implantation and early pregnancy.

Prioritize sleep and circadian rhythm alignment

- Sleep 7.5–9 hours each night
- Be in bed before 10:30 pm to support natural melatonin production
- Turn off electronics at least 60–90 minutes before bedtime
- Avoid bright overhead light late at night

Melatonin is not only a sleep hormone, it is one of the most important antioxidants protecting egg and embryo mitochondrial health and supporting implantation.

Morning sunlight exposure is equally critical. Get outside within 30–60 minutes of waking each day to regulate circadian rhythm and support hormone signaling.

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Eat adequate protein to support implantation and progesterone production

Protein provides the amino acids required for embryo development, uterine receptivity, immune regulation, and hormone production.

- Aim for at least 80–100 grams of protein daily (or approximately 0.6–0.8 grams per pound of body weight)
- Consume protein every 3–4 hours to stabilize blood sugar

Best sources include:

- Eggs
- Grass-fed meat
- Wild fish
- Bone broth
- Collagen

Stable blood sugar improves progesterone signaling and implantation success.

Consume healthy fats daily to support hormone production

Hormones are made from fat and cholesterol. Healthy fats support progesterone production, embryo development, and nervous system regulation.

- Consume at least 2–4 tablespoons of healthy fats daily

Best sources include:

- Avocado
- Olive oil
- Grass-fed butter or ghee
- Coconut oil
- Wild fish

These fats also reduce inflammation and support mitochondrial function.

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Consume bone broth daily to support implantation

Bone broth is rich in glycine, proline, and collagen, which support uterine lining integrity, immune tolerance, and connective tissue health.

- Consume 4–8 ounces daily

As I often say, bone broth = baby glue. Glycine also improves sleep quality and supports nervous system regulation.

Stay well hydrated to support uterine blood flow and embryo development

Hydration supports circulation, cervical fluid, and uterine receptivity.

- Drink at least half your body weight in ounces of water daily
- Coconut water is an excellent option for electrolyte support

Proper hydration improves nutrient delivery to the uterus and embryo.

Keep your body warm to support uterine blood flow

In Chinese medicine, warmth supports uterine receptivity and Kidney Yang, which governs implantation.

- Keep your feet, abdomen, and lower back warm
- Avoid prolonged exposure to cold
- Avoid ice-cold foods and beverages

Warmth improves circulation to the uterus and supports implantation.

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Choose gentle movement to support circulation without increasing stress hormones

Movement improves blood flow, insulin sensitivity, and mitochondrial function, but excessive exercise can elevate cortisol and impair implantation.

Recommended:

- Walking
- Gentle strength training
- Yoga
- Light movement

Avoid:

- HIIT workouts
- Overtraining
- Hot yoga
- Excessive sweating

Continue your fertility supplements as recommended

Your supplements support mitochondrial function, methylation, immune balance, and implantation.

Continue your full supplement protocol unless otherwise directed.

After a positive pregnancy test, typical core supplements include:

- Prenatal vitamin (without folic acid; methylfolate and/or folinic acid only)
- Methylfolate and/or folinic acid (total typically not exceeding 1,700 mcg daily unless directed)
- Omega-3 fatty acids (2–3 grams daily)
- Vitamin D
- Probiotic
- Liver capsules or spirulina if recommended

All of my recommended fertility supplements can be found at:
AimeeRaupp.com/FertilitySupplements

Follow medication guidance as prescribed

If recommended by your physician or protocol:

- Take low-dose aspirin (81 mg) daily if directed
- Continue progesterone and other prescribed medications

These support uterine blood flow and implantation.

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Get sunlight exposure daily

Sunlight regulates circadian rhythm, improves mitochondrial function, and supports hormone production.

- Spend at least 10–20 minutes outside daily
- Morning sunlight is especially beneficial

Sunlight exposure improves reproductive hormone signaling and nervous system regulation.

Support your nervous system and emotional state

Your nervous system plays a direct role in implantation success. When your body feels safe, receptive physiology improves.

Each day:

- Take slow, deep breaths
- Spend time in calm, safe environments
- Reduce exposure to unnecessary stress

You cannot think your way into implantation, but you can create a physiological state that supports it.

Visualization and mind-body connection

Chinese medicine recognizes the direct connection between the Heart and uterus through the Bao Mai channel. Modern science now confirms the nervous system's role in reproductive signaling.

Daily practices may include:

- Visualization of successful implantation
- Meditation
- Prayer
- Journaling
- Connecting to your future child

Remind yourself daily why you are bringing this child into the world.

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Protect implantation by avoiding excessive stimulation of uterine circulation

Once ovulation or transfer has occurred, avoid excessive stimulation of uterine circulation.

Avoid:

- Castor oil packs
- Mayan abdominal massage
- Deep abdominal massage
- Excessive heat exposure to the abdomen

Gentle warmth is beneficial, but excessive stimulation is not recommended during implantation.

Support joy, safety, and connection

Positive emotional states support nervous system regulation and hormone balance.

Each day:

- Laugh
- Connect with loved ones
- Spend time in nature
- Engage in activities that bring calm and joy

Your body is biologically designed to support implantation when it feels safe, nourished, and supported.

Individualized Support

If you would like individualized support during your IVF cycle or two week wait, my team and I provide comprehensive fertility coaching, functional testing, and personalized fertility protocols.

Learn more at:
AimeeRaupp.com/Coaching

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