

TESTING + IMPROVING UTERINE FUNCTION + RECEPTIVITY

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*)

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 to help with uterine blood flow. It is also strongly recommended to do while undergoing IVF or in preparation for an FET. Consistent & regular acupuncture shows a 30% improved success rate in IVF patients. Team Aimee has acupuncturist in the tristate area.

SUPPLEMENTS, HERBS, LIFESTYLE & DIET

- Tips for optimizing uterine blood flow:
 - Castor oil packs ([AimeeRaupp.com/CastorOil](https://www.AimeeRaupp.com/CastorOil))
 - Mayan Avrigo Massage
 - Chinese herbs (specific for your case)
 - Anti-inflammatory diet (read *The Egg Quality 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