



# After a Loss or a Failed Transfer

What to ask for, and what to bring — because this is rarely just bad luck.

Implantation is a stress test of three systems at once: metabolic terrain, immune balance, and pelvic blood flow. A lining can be thick and trilaminar on the screen and still be the wrong environment — ultrasound measures the architecture, not the energy. These are the questions and the labs that widen the search.

## Questions for your OB, REI or MFM

Given my history, which recurrent-loss workup would you recommend, and what does it include?

Have my clotting factors and antiphospholipid markers been checked? If not, would you?

Have my thyroid antibodies been checked, not just TSH?

Is there anything in my history that points to endometriosis or chronic inflammation we have not investigated?

What did we learn from this loss or this transfer that changes the next attempt?

If everything comes back normal, what is your plan then — and what would you look at next?

## Labs to discuss

- ☐ Clotting factors and antiphospholipid markers — commonly skipped after a loss
- ☐ Thyroid panel with TPO antibodies — through early pregnancy, not just once
- ☐ hs-CRP and inflammatory markers
- ☐ Fasting insulin, glucose, HbA1c — metabolic terrain
- ☐ Homocysteine, vitamin D, ferritin, B12
- ☐ Sperm DNA fragmentation — relevant after recurrent loss or arresting embryos
- ☐ Uterine artery flow, where available and appropriate — ask whether it is worth doing for you

**Safety, and please do not skip this.** If you are taking aspirin, heparin, Lovenox or any other blood thinner, tell every practitioner you see, including anyone recommending herbs. Herbal formulas are not a substitute for an anticoagulant and can interact with one. That conversation belongs with your prescriber.

## My timeline, in my own words

Dates and outcomes of each attempt or loss:

What was different about the attempts that got furthest?

Free 10-minute call, or the Metabolic & Immune Fertility Evaluation (\$100 — \$50 to reserve, \$50 at your visit) at [easttowestfertility.com](https://easttowestfertility.com)