

WAYS TO IMPROVE ENDOMETRIUM BEFORE PREGNANCY



Take estrogen supplements as per the prescription



If recommended by a doctor, take medications such as G-CSF to improve thickness



Do moderate-intensity exercises regularly



Eliminate substances such as nicotine or caffeine that limit blood flow



Use vaginal suppositories as per doctor's prescription



Maintain body weight in normal BMI range

References:

1. How to Improve Your Uterine Lining to Prepare for IVF; Southern California Reproductive Center
2. The endometrium in assisted reproductive technology: How thin is thin?; National Institutes of Health