

Your Two Week Wait

For when time stands still



The Two Week Wait (TWW) — those days between ovulation or embryo transfer and the time you can take a pregnancy test — can feel like one of the longest stretches of your fertility journey. Whether you're trying to conceive naturally, are taking letrozole or clomid, or have just had an IVF or IUI procedure, the TWW can be an emotional whirlwind: hopeful one moment, despairing the next.

In clinic, I work with and support many people through this part of the process. It's often when anxiety is at its peak, and I want you to know: you're not alone, and there are supportive, nourishing things you can do that really help. This document is an accumulation of personal experiences from my past clients, advice from other fertility supporters and practical strategies, all with the aim to support you through your TWW.

First: Feel What You Feel

The first thing to know is that it's completely normal to feel overwhelmed, impatient, or out of control during this time. You might notice yourself hyper-aware of every bodily twinge, sensation or change, analysing symptoms and Googling like mad — but unfortunately, most early pregnancy symptoms mirror progesterone side effects and PMS. Whether you're actually pregnant or not, your body behaves *as if* it is due to high progesterone levels, so symptom spotting is rarely helpful.

Instead, take a deep breath (or several), and gently allow yourself to feel whatever comes up. Let go of trying to "do the TWW perfectly." You cannot mess this up.

Create a Calm Bubble

During these two weeks, your nervous system needs extra care. Anything that soothes your body and mind — except a bottle of wine! — is worth prioritising. Here are some of my favourites:

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- **Acupuncture:** A beautiful way to calm the nervous system, regulate hormones, support implantation and reduce anxiety. Ideally timed at around days 4–6 and 10–12 post-ovulation or embryo transfer. If you've gone down the embryo transfer route, try to get an acupuncture treatment in within 6 hours of the procedure.
- **Breathwork:** Try the 4–4–6 (inhale 4, hold 4, exhale 6) or 4–7–8 breathing techniques to regulate your nervous system. I love a bit of Wim Hof for learning new breathing techniques and they make me feel more empowered for doing them.
- **Guided Meditations:** The *Expectful* app and *Insight Timer* both offer fertility-specific sessions. *Jackie Brown's Post Embryo Transfer Meditation* is a lovely one to start with. My good friend Natalia at <https://www.creationacupuncture.co.uk/> also offers some fantastic meditation tracks.
- **Chantress Seba:** Her music is deeply grounding, soulful, and nourishing — perfect for quiet evenings, warm baths, or moments when you just need to come back to yourself. If you've been for a treatment with me, you've more than likely heard her already – I have her playing in clinic most days.

Feeling really unsettled? You might like to explore the [Two Week Wait online course by Hannah Pearn](#) — a great resource to help you feel more supported.

Keep It Light

Sometimes distraction is just what you need. Fill your days with things that lift your mood and give you a sense of normality.

- **Watch your favourite comedies** — lighthearted TV can be the best medicine. Think: *Schitt's Creek*, *The Office*, *Modern Family*, *Benidorm*... I've also had recommendations about *The Marvellous Mrs Maisel* and *Sullivan's Crossing*.
- **Easy-read book recommendations:**
 - *The House in the Cerulean Sea* by TJ Klune — whimsical, heartwarming and completely enchanting.

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- *The Spellshop* by Sarah Beth Durst — cosy, magical and soothing, especially for a quiet afternoon with a cup of tea.
- **Get creative** — journaling, baking, doodling or knitting can all provide a soothing outlet.
- **Try gentle movement** — like walking, yin yoga, or short stretches. *Yoga with Adriene* on YouTube is my go-to, mainly because of her dog, Benji.

Connect to Support

The TWW can feel incredibly isolating — particularly if you're keeping your journey private. But you don't have to go it alone.

- Reach out to a friend or partner who can hold space for your feelings without trying to "fix" things.
- If you're not already working with a fertility support practitioner, it can be a powerful time to reach out. I offer [treatments and consultations](#) and a free 15-minute discovery call if you'd like to explore working together. If you're not local, you can find a practitioner near you via the nationwide networks at [FertilitySupport.Expert](#) or [The Acupuncture Fertility Network](#).

You might also enjoy the [Don't Tell Me To Relax](#) podcast — thoughtful, funny and deeply real conversations about the fertility journey. They also host a Mighty Networks group and Facebook group of the same name. And for the men, [The Male Fertility Podcast](#), I met these gents at the 2025 Fertility Show and they have so much experience with supporting men through their fertility journeys too.

Gentle Lifestyle Reminders

Here's a little list of things that can help your body and mind during the wait:

- Eat warm, nourishing meals and avoid blood sugar dips — think slow carbs, good fats, and plenty of protein with every meal.
- Stay hydrated!! Electrolytes are your friend.
- Avoid hot baths, saunas, and intense physical exertion (if you track your heart rate during your workouts, stay out of zone 5).

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- Switch to gentle cleaning and beauty products where possible — choose natural, non-toxic options. My favourite skin care products are [Tropics](#) and Yuka is a useful app to check the quality and safety of food and skin and hair products. Cleaning products like Purdy and Figg are chemically clean and smell amazing.
- Give yourself permission to *not* be productive. Rest is productive too.

Avoid the Urge to Test Early

I know — the temptation to test is so strong. But early testing can bring heartbreak or confusion. It's entirely possible to get a negative result when you're actually pregnant, especially before your official test date. And worse still, a false positive result if you test too soon after finishing some IVF medications. That emotional rollercoaster is often more distressing than waiting itself. So as difficult as it is, hold off until your test date.

And when you do test, prepare for the result by having someone you trust with you, or on standby to support you.

Affirmations for the Wait

Sometimes a simple phrase can steady the ship. Try a few of these — you can write them on post-it notes, journal them, or whisper them to yourself when your mind starts spiralling:

- *I am doing the best I can.*
- *I allow my body to receive.*
- *This wait does not define me.*
- *I am safe, no matter the outcome.*

The Two Week Wait is a liminal space — a bridge between hope and outcome, filled with uncertainty. There's no right way to do it. But there *are* ways to feel more held, more grounded, and more empowered.

Support is everything. If you are not already working with me and would like to arrange a free 15-minute discovery call, please email me your availability at Laura@TheAcu.co.uk .

Wishing you all the very best,

Laura

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