General Gauge:

$$\eta^{\alpha\beta}\ \partial_\alpha h_{\beta\nu} == \frac{J\ \eta^{\alpha\beta}\ \ h_{\nu\alpha}\ \ \partial_\beta\Omega}{\Omega} + P\,\Omega^2\,\partial_\nu h + R\,h\,\Omega\,\partial_\nu\Omega$$

Perturbed Einstein Tensor

J = 0

$$\frac{\eta^{\mu\nu}}{\Omega^2}\delta G_{\mu\nu} =$$

$$2H^4t^2\ h_{00}\ +\ 3H^2h\ -\ 5RH^2h\ -\ 3H^2t\partial_0 h\ +\ 4PH^2t\partial_0 h\ +\ RH^2t\partial_0 h\ +\ (P-1)H^2t^2\Box h$$

J = 0, P = 1, R = 0

$$\frac{\eta^{\mu\nu}}{\Omega^2}\delta G_{\mu\nu} =$$

$$2\ H^4t^2\ h_{00}\ +3\ H^2\ h+H^2\ t\ \partial_0 h$$

00	$2\,H^2\ h_{00} - H^2\,t\,\partial_0 h_{00} - \frac{1}{2}\,\partial_0\partial_0 h + \frac{1}{2}\,H^2\,t^2\,\Box\,h_{00}$
11	$4\,H^2\ h_{11} - H^2\,t\,\partial_0 h_{11} - \frac{1}{2}\,\partial_1\partial_1 h + \frac{1}{2}\,H^2\,t^2\,\Box\,h_{11}$
22	$4\,H^2\ h_{22} - H^2\,t\,\partial_0 h_{22} - \frac{1}{2}\,\partial_2\partial_2 h + \frac{1}{2}\,H^2\,t^2\,\Box\,h_{22}$
33	$4\,H^2\ h_{33} - H^2\,t\,\partial_0 h_{33} - \frac{1}{2}\,\partial_3\partial_3 h + \frac{1}{2}\,H^2\,t^2\,\Box\,h_{33}$
01	$3\,H^2\ h_{01} - H^2\,t\,\partial_0 h_{01} - \frac{1}{2}\,\partial_0\partial_1 h + \frac{1}{2}\,H^2\,t^2\,\Box\,h_{01}$
02	$3\,H^2\ h_{02} - H^2\,t\,\partial_0 h_{02} - \frac{1}{2}\,\partial_0\partial_2 h + \frac{1}{2}\,H^2\,t^2\,\Box\,h_{02}$
03	$3\,H^2\ h_{03} - H^2\,t\,\partial_0 h_{03} - \frac{1}{2}\,\partial_0\partial_3 h + \frac{1}{2}\,H^2\,t^2\,\Box\,h_{03}$
12	$4\,H^2\ h_{12} - H^2\,t\,\partial_0 h_{12} - \frac{1}{2}\,\partial_1\partial_2 h + \frac{1}{2}\,H^2\,t^2\,\Box\,h_{12}$
13	$4\,H^2\ h_{13} - H^2\,t\,\partial_0 h_{13} - \frac{1}{2}\,\partial_1\partial_3 h + \frac{1}{2}\,H^2\,t^2\,\Box\,h_{13}$
23	$4\,H^2\ h_{23} - H^2\,t\,\partial_0 h_{23} - \frac{1}{2}\,\partial_2\partial_3 h + \frac{1}{2}\,H^2\,t^2\,\Box\,h_{23}$

$$\delta T\ =\ 2\ H^4\ h_{00}\ \ t^2+3\ H^2\ h+H^2\ t\ \partial_0 h$$

J = 0, P = 1, R = -1

$$\frac{\eta^{\mu\nu}}{\Omega^2}\delta G_{\mu\nu} =$$

$$2\, H^4 t^2\, h_{00} + 8\, H^2\, h$$

00	$2 H^2\, h_{00} - \frac{h}{2t^2} - H^2 t\, \partial_0 h_{00} - \frac{1}{2t}\partial_0 h - \frac{1}{2}\partial_0\partial_0 h + \frac{1}{2} H^2 t^2 \,\square\, h_{00}$
11	$4 H^2\, h_{11} + \frac{3h}{2t^2} - H^2 t\, \partial_0 h_{11} - \frac{1}{2t}\partial_0 h - \frac{1}{2}\partial_1\partial_1 h + \frac{1}{2} H^2 t^2 \,\square\, h_{11}$
22	$4 H^2\, h_{22} + \frac{3h}{2t^2} - H^2 t\, \partial_0 h_{22} - \frac{1}{2t}\partial_0 h - \frac{1}{2}\partial_2\partial_2 h + \frac{1}{2} H^2 t^2 \,\square\, h_{22}$
33	$4 H^2\, h_{33} + \frac{3h}{2t^2} - H^2 t\, \partial_0 h_{33} - \frac{1}{2t}\partial_0 h - \frac{1}{2}\partial_3\partial_3 h + \frac{1}{2} H^2 t^2 \,\square\, h_{33}$
01	$3 H^2\, h_{01} - H^2 t\, \partial_0 h_{01} - \frac{1}{2t}\partial_1 h - \frac{1}{2}\partial_0\partial_1 h + \frac{1}{2} H^2 t^2 \,\square\, h_{01}$
02	$3 H^2\, h_{02} - H^2 t\, \partial_0 h_{02} - \frac{1}{2t}\partial_2 h - \frac{1}{2}\partial_0\partial_2 h + \frac{1}{2} H^2 t^2 \,\square\, h_{02}$
03	$3 H^2\, h_{03} - H^2 t\, \partial_0 h_{03} - \frac{1}{2t}\partial_3 h - \frac{1}{2}\partial_0\partial_3 h + \frac{1}{2} H^2 t^2 \,\square\, h_{03}$
12	$4 H^2\, h_{12} - H^2 t\, \partial_0 h_{12} - \frac{1}{2}\partial_1\partial_2 h + \frac{1}{2} H^2 t^2 \,\square\, h_{12}$
13	$4 H^2\, h_{13} - H^2 t\, \partial_0 h_{13} - \frac{1}{2}\partial_1\partial_3 h + \frac{1}{2} H^2 t^2 \,\square\, h_{13}$
23	$4 H^2\, h_{23} - H^2 t\, \partial_0 h_{23} - \frac{1}{2}\partial_2\partial_3 h + \frac{1}{2} H^2 t^2 \,\square\, h_{23}$

Solving for h

$$h = \frac{1}{8 H^2}\delta T - \frac{1}{4} H^2 t^2\, h_{00}$$

and substituting into δG_{00}

$$\delta T_{00} = \frac{21}{8} H^2\, h_{00} - \frac{1}{16 H^2 t^2}\delta T - \frac{1}{16 H^2 t}\partial_0 \delta T$$
$$- \frac{3}{8} H^2\, t\, \partial_0 h_{00} - \frac{1}{16 H^2}\partial_0\partial_0 \delta T + \frac{1}{8} H^2\, t^2\, \partial_0\partial_0 h_{00} + \frac{1}{2} H^2 t^2\, \square h_{00}$$