Your n=2 gauge

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

Mannheim's harmonic gauge (sent before our meeting)

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

H->0 Limit

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