

Anti-Müllerian hormone (AMH)

WHAT IS AMH?

Anti-Müllerian hormone or AMH is a hormone produced by granulosa cells in the growing follicles of the ovaries. Each follicle contains an egg. Knowing the level of AMH in the blood can help predict the number of developing eggs in the ovaries at any one time.

WHAT IS AN AMH TEST?

It's a simple blood test that gives an indication of your level of fertility, known as your ovarian reserve.

WHAT WILL IT TELL ME?

Ovarian reserve, and therefore fertility, gradually declines with age. However, in some people fertility may decline faster than expected, even though they have normal menstrual cycles.

The AMH test can identify people who may lose their fertility earlier than average. It may help in deciding whether to start a family sooner or later.

In 75% of cases, the AMH levels can also help predict how they will respond during IVF treatment. Your fertility doctor uses your AMH level to prescribe an appropriate dose of drugs to stimulate the ovaries, to obtain enough eggs or to minimise the risk of hyper-stimulation.

WHAT ARE THE LIMITATIONS?

As with most hormones, the AMH level can vary by 10-20% between each cycle. But as the graph below shows, it can decline rapidly as someone approaches 37 years. So it is a good idea to talk to your doctor about repeating the test each year, if you are having fertility treatment.

It is important to know that the AMH test cannot predict the quality of the eggs or the chance of a successful conception.

Because the levels are typically high in people with polycystic ovarian syndrome (PCOS), the AMH test cannot reliably predict ovarian reserve. However, it may be used to diagnose PCOS, as people with this condition usually have raised AMH levels.

WHAT IS INVOLVED?

Your fertility doctor will order the blood test, which you can take at any time of the month.

Your doctor will discuss how you will be given the results. Our usual practice is to email you if your levels are normal and to call you if they are of concern.

WHAT DOES IT COST?

The AMH test is not funded. The lab will advise you of the cost.

GRAPHING YOUR AMH TO PREDICT OVARIAN RESERVE

