

**Patient information Leaflet**

**Anti-Müllerian Hormone  
(AMH) Test**

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## **What is Ovarian Reserve?**

### **What is AMH?**

#### **It is a marker of Ovarian Reserve**

- Anti-Müllerian Hormone (AMH) is a hormone released by the small follicles in the ovary
- It gives us an idea about the number of remaining follicles and therefore eggs in the ovary
- It does not tell us about the quality of your eggs and there is a known decline in quality after the age of 35

#### **How and when can I have my AMH tested?**

- AMH assessment is done through a blood test.
- The range of AMH level remains relatively stable throughout your menstrual cycle so it can be taken at any point and will be organised by your fertility clinician.

## **Why am I being advised to have an AMH assessment?**

- AMH tells us about the storage of eggs in your ovaries and helps us to counsel you regarding your chance of having a pregnancy and the best treatment options.
- During IVF/ICSI we use medications to stimulate your ovaries to produce eggs, we decide on the dose of your medications and your treatment protocol based on a number of things including age, diagnosis, previous treatment and AMH.
- AMH is the most reliable hormone to predict how well your ovaries will respond to medications.

## **AMH with Assisted Reproduction (IUI/IVF/ICSI)**

- Women with lower AMH may not respond as well to drugs given in assisted reproduction meaning a reduced chance of pregnancy
- If AMH is high, it can help predict a complication called ovarian hyperstimulation syndrome
- The result of your AMH assessment will help your fertility specialist decide what treatment and dose of drugs you need

## **How do I find out my result? What is a good level?**

- Your fertility clinician will inform you of your result at your appointment after the blood test

## Current Lab Values in Derriford Hospital:

< 3 pmol/L	Very low
3 - 8	Low
9 - 25	Satisfactory
26 - 40	Optimal
> 40	High

It is important to know different clinic laboratories use different testing methods. Therefore, if you have had a test in another clinic, we will repeat it so we have the best understanding of your result.

- Decreased AMH levels means less follicles and therefore reduced ovarian reserve
- Usually women with Polycystic Ovary Syndrome (PCOS) will have higher AMH levels because they have more follicles. This does not necessarily mean a better chance of pregnancy.

### Can I improve my AMH?

- You cannot change your AMH and it is not due to lifestyle factors.
- AMH cannot tell us if you will achieve a pregnancy
- But it is considered the best hormone to help us understand how to treat you
- It will never increase and only decreases as you get older
- How much it decreases with age is different for every woman

## **What can you do to Improve your health for getting pregnant?**

- Both men and women need to have a BMI below 29.9 (preferably within the normal BMI range 20-25)
- Do not smoke
- Eat a healthy diet
- Women to take high dose Vitamin D and folic acid
- Men to take Zinc, Selenium and Vitamin C 1g (on top of your normal dietary intake)

**Your notes:**

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