

Anti-Müllerian Hormone (AMH)

An AMH test is a simple blood test that measures the level of Anti-Müllerian Hormone (AMH) in a woman's blood and provides a good indication of ovarian reserve.

What is AMH?

Anti-Müllerian Hormone is a hormone secreted by cells in surrounding the mature eggs in the ovum. The level of AMH in a woman's blood is generally a good indicator of the number of viable eggs that are stored in a woman's ovaries.

What is the AMH test?

The AMH test is taken as a simple blood test and provides some insight into the remaining quantity of eggs and number of fertile years a woman may have, but it cannot tell us much about the quality of those eggs. It can also help a fertility specialist determine whether a woman is a good candidate to undergo certain fertility treatments and how successful those treatments may be.

Who is it useful for?

An AMH test may be useful for:

- ♦ Women who have been trying to conceive for over six months
- ♦ Women considering IVF or other fertility treatments
- ♦ Women who have had chemotherapy or ovarian/endometrial surgery
- ♦ Women who would like to conceive in the future and are curious about their ovarian reserve

Interpreting the results

AMH levels can vary widely and the results should be compared with other women of the same age. A low AMH should not necessarily be considered a stand-alone concern, and it not associated with a reduced monthly chance of getting pregnant. It may however indicate the need for more proactive action such as beginning a family sooner or undertaking elective egg freezing.

AMH Female Reference Range

Based on fertility screening patients analysed with the modified Beckman Gen II assay

