

AMH

Anti-Müllerian Hormone test

The AMH test is currently regarded as the best method to estimate ovarian reserve.

This test involves a single blood sample that can be taken at any point during the menstrual cycle. It helps predict the number of eggs you might retrieve during an IVF cycle. It can also identify women who may experience early menopause and potentially lose their fertility earlier than average. While the AMH test can identify those at risk of quicker fertility decline, it cannot determine who might be more fertile than average or accurately assess ovarian reserve in women with Polycystic Ovary Syndrome (PCOS).

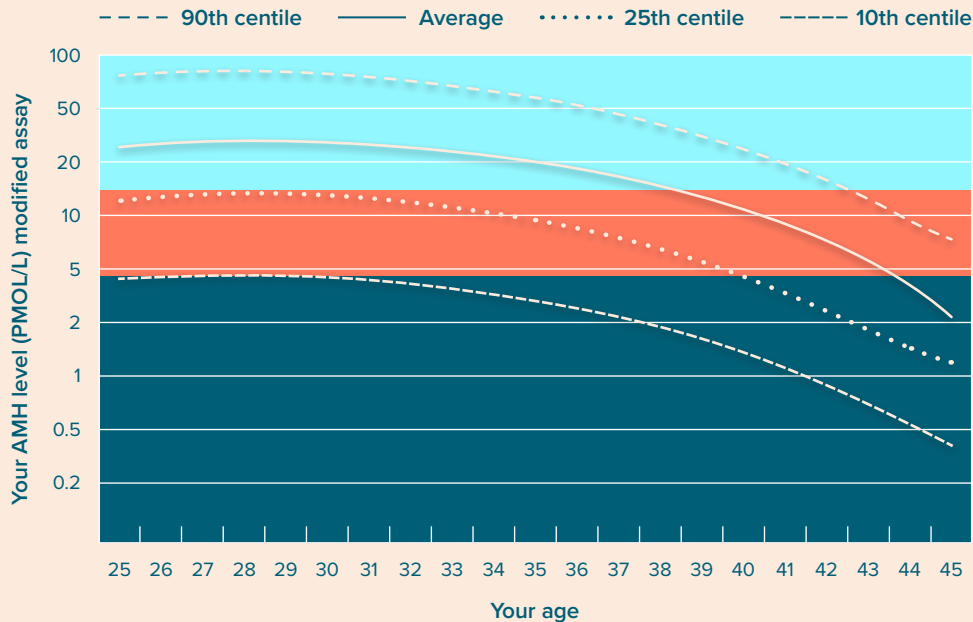
Your healthcare provider will give you a blood test form and you can get the test done at your normal lab. The interpretation of your AMH results will take into account your medical history, family fertility history, lifestyle, and other fertility investigations.

AMH test: payment and funding

The AMH test is currently funded in some areas of New Zealand but not in others. You can find the typical costs through your local lab provider.

Understanding your AMH test results

AMH provides an indication of the number of eggs a woman has compared to other women of the same age. It is NOT a measure of egg quality. It helps us understand the number of eggs we might retrieve and drug doses we might need in IVF. The higher the AMH the less medication required, and potentially the more eggs retrieved. Like most fertility tests, an AMH test doesn't provide a definitive answer. Your AMH result is plotted on a graph like the one below.



Above the 25th centile	Normal ovarian reserve	80% chance of 6 or more eggs in IVF
Between the 25th and 10th centiles	Some reduction in ovarian reserve	50% chance of 6 or more eggs in IVF
Below the 10th centile	Likely reduced ovarian reserve	20% chance of 6 or more eggs in IVF

Source: Fertility Associates records. The percentage chance figures are based on the chance of collecting > 6 eggs in younger women.



You can read more about the AMH test on the Fertility Associates website