



# Anti-Müllerian Hormone (AMH) test

The AMH test is considered the best test currently available to estimate ovarian reserve.

It is a single blood test that can be done at any time during the menstrual cycle. It can help predict how many eggs you are likely to obtain in an IVF cycle. It may also identify women who may undergo early menopause, and therefore who may lose their fertility earlier than average.

Although an AMH test can help pick up those who might lose their fertility more quickly, it cannot show who is more fertile than average, nor does it predict ovarian reserve in women with Polycystic Ovaries (PCO).

Your doctor or nurse will give you a separate blood form for the test and tell you where you can have your test done. The result is usually available a week or so after the blood has been taken. Your doctor will tell you the result in person, by telephone or by sending you a letter.

The interpretation of the AMH result will depend on your medical history, your family's fertility history, lifestyle and other investigations into your fertility.

## **IN MOST AREAS OF NEW ZEALAND THE AMH TEST IS NOT PUBLICLY FUNDED.**

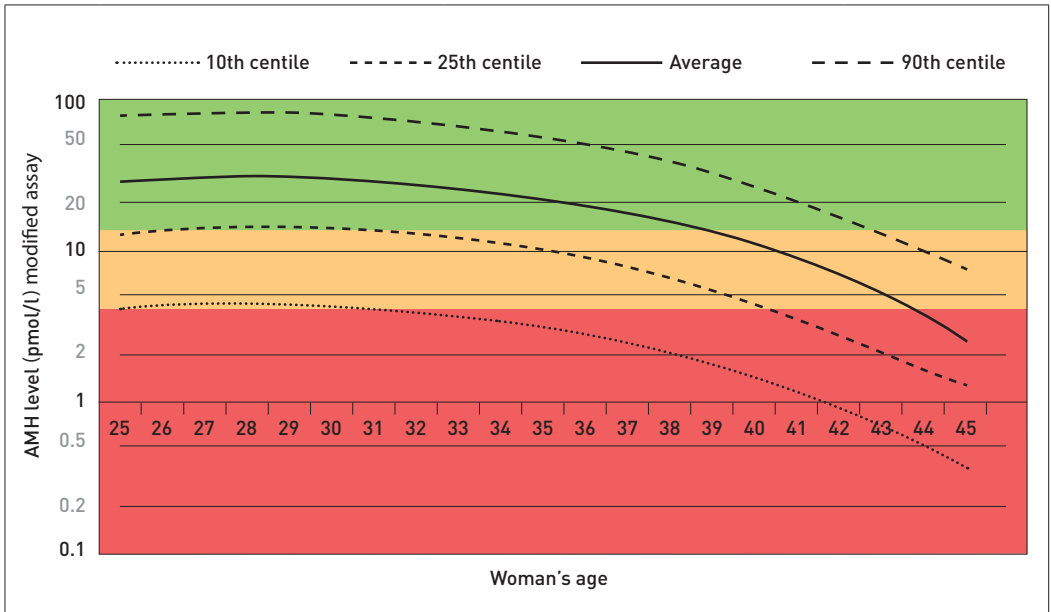
Unless you live in one of those areas where the test is publicly funded and you meet the criteria, Fertility Associates will send you an invoice for it. This may arrive a few weeks after you have had your test because the blood collection labs only bill us once a month. The cost is typically \$85 to \$110\* depending on the lab. Fertility Associates does pay for an AMH test immediately before publicly funded treatment to help decide the best drug dose.

**If there is no charge for your test, your doctor will sign here:**

\* Current as of 1 April 2015. However fees are subject to change without further notice.



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<b>Green zone</b>	Above the 25th centile for younger, fertile women	Very likely normal ovarian reserve – age is the best predictor of your future fertility	80% chance of 6 or more eggs in IVF
<b>Orange zone</b>	Between the 25th and 10th centiles for younger, fertile women	Some women in this range will have reduced ovarian reserve	50% chance of 6 or more eggs in IVF
<b>Red zone</b>	Below the 10th centile for younger, fertile women	Very likely reduced ovarian reserve	20% chance of 6 or more eggs in IVF

Like most fertility tests, an AMH test does not give a black and white answer. We plot the AMH result on a graph (see above) that shows the 10th, 25th, 50th and 75th centiles for AMH for women attending a fertility clinic. This lets you compare your results with women of a similar age and helps predict how your AMH level may change over the years. We have shaded areas of the graph green, orange and red to represent the average impact of your AMH level.



For more information, see our  
**Fertility Facts on Ovarian reserve and AMH**  
[www.fertilityfacts.co.nz](http://www.fertilityfacts.co.nz)

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We also hold clinics in Whangarei, West Auckland, East Auckland, Tauranga, Gisborne, New Plymouth, Hawke's Bay, Wanganui, Palmerston North, Lower Hutt, Nelson and Queenstown. Please call us or check our website for further details.