

## ANTI-MULLERIAN HORMONE AMH TEST

### 1 WHAT IS AMH ?

Anti Mullerian Hormone (AMH) is a hormone produced by cells in the small follicles that contain an egg in a woman's ovaries.

The level of AMH in a woman's blood is an indicator of her ovarian reserve and is helpful in assessing how many eggs are left in the ovaries.

AMH level remains constant or only fluctuate mildly, throughout the menstrual cycle, so that the AMH can be measured at any time during the cycle with a blood test.

### 2 WHO SHOULD HAVE AN AMH TEST?

- Women considering IVF or any other fertility treatments as AMH levels are a predictor of IVF success. Low levels may indicate a poor response to the drugs used in ovarian stimulation.
- AMH also indicates those at risk of ovarian hyper stimulation syndrome (OHSS)
- AMH may indicate a woman's reproductive window (and likely timeframe for onset of menopause) women who have had chemotherapy or ovarian surgery and want to find out what effect it has had on their future fertility

### 3 AMH IN ASSISTED REPRODUCTION

- AMH levels correlate with the number of antral follicles or resting follicles which are assessed during the ultrasound investigation
- Women with lower AMH and low antral / resting follicle count produce a significantly lower number of eggs compared with women with higher levels.
- Women with low AMH produce a lower number of eggs during an IVF cycle; therefore fewer embryos are generated and there is a higher chance that the cycle may result in no embryos available for transfer.

### 4 WFI CURRENT AMH VALUES

AMH < 1.5 pmol/L	Indicates very low ovarian reserve
AMH 1.5-6.5 pmol/L	Low-satisfactory
AMH 6.6-19.8 pmol/L	Safe response to Assisted Reproduction
AMH > 19.9	Sensitive ovaries at potential risk of Over stimulation - PCOS