

# Anti-Mullerian Hormone (AMH)

## What is anti-mullerian hormone (AMH)?

AMH is a hormone produced by your ovaries.

## Why is the level of AMH measured?

Women are born with a fixed number of eggs, which gradually run out when the menopause is reached. The AMH level gives an estimation of the number of eggs remaining (called 'ovarian reserve').

## Why is measuring AMH helpful in women considering fertility treatment?

AMH testing is useful when patients undergo fertility treatments such as IVF so that their treatments can be individualised and the optimum number of eggs can be collected. There is not enough information about the value of AMH levels in women trying to conceive on their own.

## Why do we offer AMH testing?

We understand that some women may wish to know their ovarian reserve and therefore make more informed choices about their life plans, including fertility treatment.

## Why do I have to pay for an AMH test?

Many hospitals charge patients, as it is not an essential test to investigate those who are having problems conceiving.

## How much does the test cost?

The test costs £100.

## Can I do anything to change my AMH level?

The AMH level is fairly constant and it cannot be affected by your lifestyle.

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## How do I understand my AMH level?

Young women generally tend to have higher AMH levels than older women. The AMH level can tell us how many eggs will be available when fertility drugs are given.

A high AMH level (greater than 25) indicates a risk of the ovaries over-responding to fertility drugs and increases the chance of developing a condition called ovarian hyperstimulation syndrome (OHSS), which can make you unwell. A low AMH level can indicate a poor response to fertility drugs and patients are usually counselled prior to treatment to ensure they accept the very low chance of success.

## Does a low level of AMH indicate the menopause?

Some studies have reported that a low AMH level indicates that the menopause is imminent. However, there is wide variation between women, and a low value is not confirmed to be a good marker for the menopause. On average, a woman with a low AMH level will enter the menopause before a woman with a high value. However, it is possible for a woman to maintain a normal menstrual pattern for some years after her AMH level is recorded as low. Spontaneous pregnancy is also possible in this situation.

## Does the AMH predict anything else?

AMH does not predict whether you will fall pregnant. It can be used to diagnose and manage patients with polycystic ovarian syndrome.

## Further information

Please feel free to contact us or your referring doctor if you wish for further information or you would like to discuss your result. The telephone number is **01473 703092**.