

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 and can also identify women who may experience early menopause, potentially losing 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).

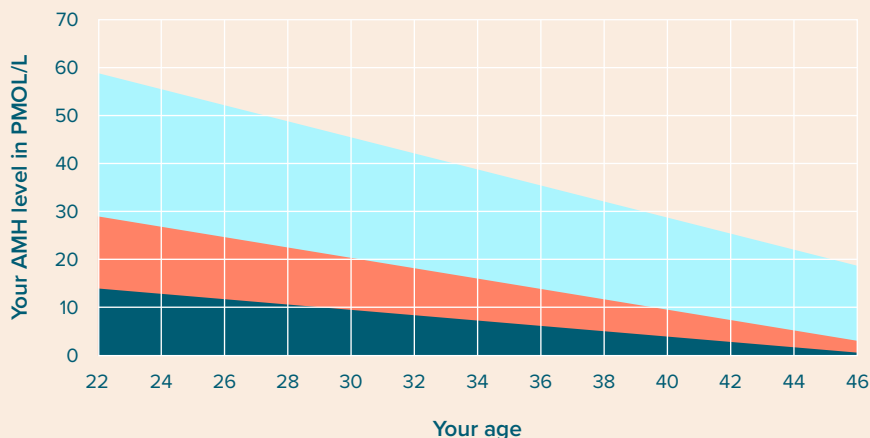
Your healthcare provider will give you a blood test form and you can get the test done at your normal lab. Results are typically available on your health portal within a week. The interpretation of your AMH results will take into account your medical history, family fertility history, lifestyle, and 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 gives an indication of the relative quantity of eggs a woman has relative to others for her age. It is NOT a measure of egg quality. It also 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 that shows a scale from normal to low.



Your chance of collecting six or more eggs

80%

Higher normal for age: indicates that you are likely to have a normal ovarian reserve and a good chance of getting >6 eggs after undergoing a course of IVF treatment.

50%

Lower normal for age: you are still in normal range, but should be considering taking action.

20%

Low for age: likely that you have reduced ovarian reserve and there is only a 20% chance of >6 eggs after undergoing a course of IVF treatment. At this level you should not delay seeking assistance.

For more information, visit our AMH page on our website:
fertilityassociates.co.nz/anti-mullerian-hormone-amh-fertility-test