

# Anti-Mullarian Hormone (AMH) Blood Test

## Factsheet

**Women with diminished ovarian reserve may have reduced fertility and an increased risk of miscarriage. It is important to identify these women early on, so that they can make decisions about when to start having a family and when to access assisted reproductive technology if required.**

### What is AMH and ovarian reserve?

AMH is a hormone produced by cells in the follicles in a woman's ovaries. The follicles contain the eggs. The number of eggs a woman has that are capable of fertilising and resulting in a successful pregnancy is sometimes referred to as the "ovarian reserve". As the number of these eggs decreases with age, typically so too will the level of AMH. This is why AMH levels are used as an indicator of a woman's ovarian reserve.

### Why is ovarian reserve assessment important?

Women with diminished ovarian reserve may have reduced fertility and an increased risk of miscarriage. It is important to identify these women early on, so that they can make decisions about when to start having a family and when to access assisted reproductive technology if required.

### Who should have ovarian reserve testing?

- Women under the age of 38 years who are considering delaying pregnancy
- Women with a family history of premature ovarian failure or early menopause
- Women with an autoimmune disease or having chemotherapy
- Women who have had previous surgery to the ovaries

### What time in the menstrual cycle should AMH be taken?

AMH levels fluctuate very little during the menstrual cycle and therefore can be taken at anytime during a normal menstrual cycle.

Referrers should note that serum AMH can be artificially suppressed by the contraceptive pill, therefore if a patient is initially identified as having low ovarian reserve (AMH < 10th percentile) while on the contraceptive pill it may be advisable to take her off the pill for two months before retesting.

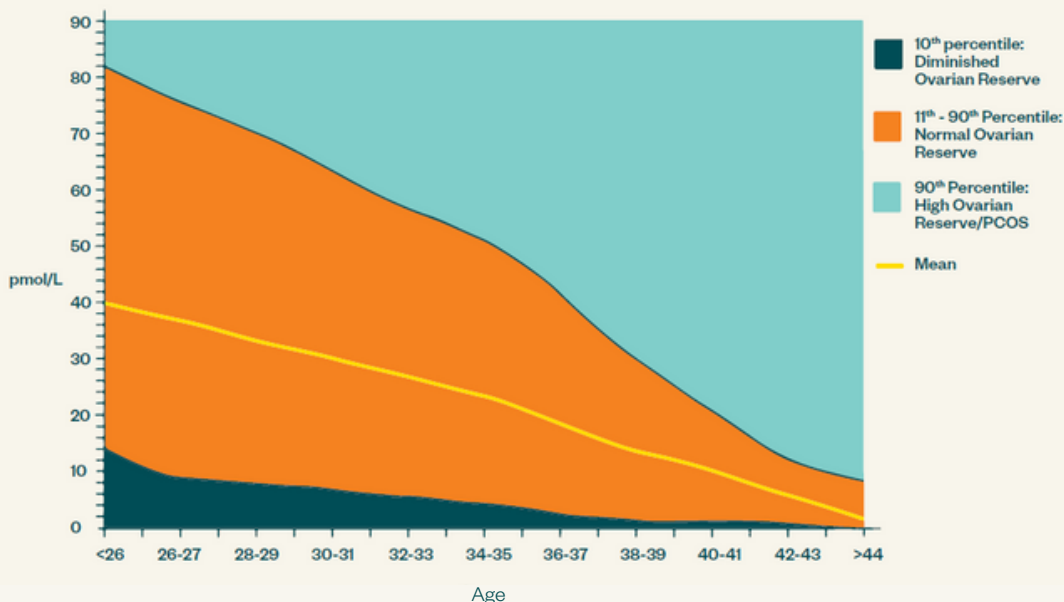
### What can be done if a woman has low ovarian reserve?

Depending on how soon the woman is looking to start a family, she could freeze her eggs, or consider starting a family sooner.

If a woman has low ovarian reserve and has not conceived within six months of unprotected intercourse, then we would also suggest you refer the patient to Monash IVF for an early investigation for 'infertility'.

If a severe male factor is identified at this point, then early referral for IVF may assist with conception.

Anti-Mullarian Hormone Graph



### References

Anderson RA, Anckaert E, Bosch E, Dewailly D, Dunlop CE, Fehr D, Nardo L, Smitz J, Tremellen K, Denk B, Geistanger A, Hund M. Prospective study into the value of the automated Elecsys antimüllerian hormone assay for the assessment of the ovarian growing follicle pool. *Fertil Steril.* 2015 Apr;103(4):1074-1080. K Tremellen and D, Zander-Fox. Serum anti-Müllerian hormone assessment of ovarian reserve and polycystic ovary syndrome status over the reproductive lifespan. *Aust N Z J Obstet Gynaecol.* 2015; 55, pp 1-6