



# 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, even if you are on the contraceptive pill. It can help predict how many eggs you are likely to obtain in an IVF cycle. It may also identify women who will 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).

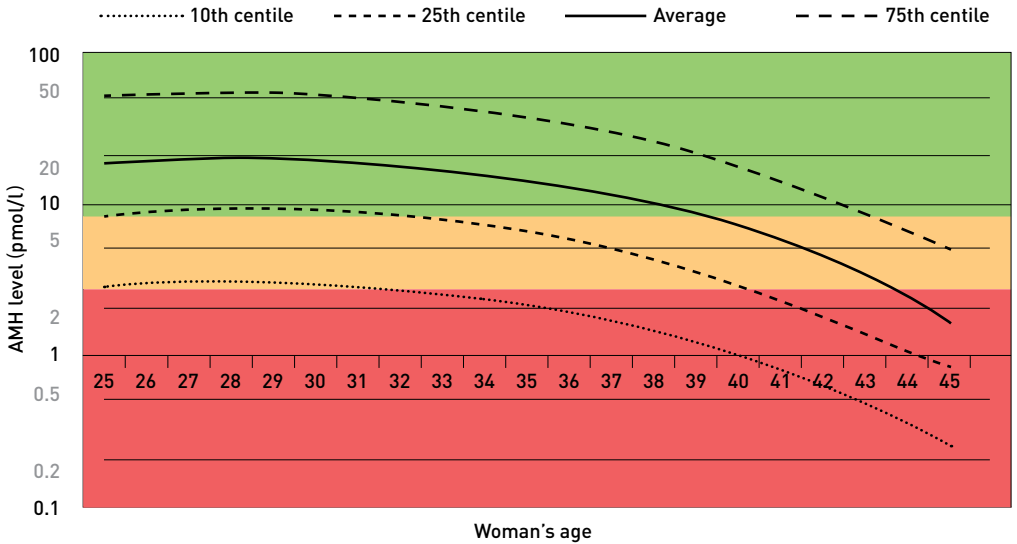
Your doctor or nurse will give you a separate blood form for the test and tell you where you can have your test done. The result is usually available a week or so after the blood has been taken. Your doctor will tell you the result in person, by telephone or by sending you a letter.

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

Like most fertility tests, an AMH test does not give a black and white answer.



**FERTILITY** | *a better understanding*  
**associates** | KAMI MEMAHAMI KERANA KAMI PRIHATIN



<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

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.com.my](http://www.fertilityfacts.com.my)

Contact us:

[www.fertilityassociates.com.my](http://www.fertilityassociates.com.my) | Free call 1 300 800 400

106 Jalan Gasing, Section 5, Petaling Jaya, 46000, Selangor, Malaysia

**Phone** 03 7931 9510 | **Fax** 03 7931 9195

**Email** [info@fertilityassociates.com.my](mailto:info@fertilityassociates.com.my)

