## **Ovarian Reserve Testing**

## Anti Müllerian Hormone (AMH)

Anti Müllerian hormone (AMH) is a hormone produced by the cells in the ovary. These cells surround and help the growth of the oocyte (egg). AMH levels are stable during your menstrual cycle. Because of this, levels do not need to be checked on a certain day of your menstrual cycle. The number of eggs you have is reflected by your AMH level, which helps to understand your ovarian reserve.

AMH levels naturally go down as you age. The most common reason for AMH measurement is for those who are about to start in-vitro fertilization (IVF) treatment. AMH levels can:

- Predict your ovarian response to fertility treatment.
- Identify women at risk of ovarian hyperstimulation syndrome.
- Predict if your response to fertility treatment may be poor.

Levels of AMH become undetectable about 5 years before your last menstrual period.

AMH measures the amount of eggs in the ovaries more than quality of eggs. Normal levels may help predict successful IVF live birth rates. This is because those with a higher AMH level are more likely to have more mature eggs retrieved. This leads to more embryos for selection and implantation.

AMH testing in a healthy woman who has **not** experienced infertility may be less useful.

## **Normal AMH Levels**

AMH testing varies. If your AMH is less than 1.0 ng/mL, your success rate with IVF may be lower. The number of eggs collected with your IVF cycle may be lower as well. For those with undetectable AMH, this can mean a poor outcome.

## **Antral Follicle Count**

Oocytes grow in a fluid-filled structure within the ovary called a follicle. The number of antral follicles is a good predictor of the number eggs that can be produced during an IVF cycle. The best time to get an antral follicle count is days 2 to 5 of your period.

When 8 to 10 (or more) antral follicles are visible on the ultrasound, a good number of eggs are expected to be retrieved. This may lead to higher than average pregnancy rate. If fewer antral follicles appear, a poorer response to fertility treatment is expected.