

Anti-Mullerian Hormone (AMH)

If you are trying to conceive, you may come across phrases such as 'ovarian reserve level' or 'egg count test.' These are simply talking about your AMH - Anti-Mullerian Hormone – level.

What is an Anti-Mullerian hormone (AMH)?

Anti-Mullerian Hormone is produced by the follicles that contain all the immature eggs you have in your ovaries. Every woman has a set supply of immature eggs, which reduces as you get older. By measuring your AMH level we can get a good indication of how many immature eggs you have, otherwise known as your ovarian reserve.

Why is measuring AMH helpful in women considering fertility treatment?

AMH testing is an important part of the treatment planning process and will help the Doctor make the decision on the best treatment option for each individual. It is useful for patients undergoing fertility treatment such as IVF so that their treatment can be individualised allowing us to tailor IVF to suit you.

If your AMH level is low, this may indicate that conventional IVF stimulation may not be your best option, in which case we would change to a different protocol.

If your AMH is too high, this indicates you have lots of follicles which potentially puts you at risk of Ovarian Hyperstimulation Syndrome, where you produce too many eggs.

Why do we offer AMH testing?

We understand that some women may wish to know their ovarian reserve enabling them to make informed choices about their life plans including fertility treatment.

Also feedback from patients who have been through treatment indicated they would have liked to have known about the AMH test as an option before treatment.

Why do I have to pay for an AMH test?

Unfortunately an AMH is not currently included in any NHS funding.

How much does the test cost?

The test costs £70

Can I do anything to change my AMH level?

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

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 approximately how many eggs may be available when fertility drugs are given.

A high AMH indicates risk of the ovaries over responding to fertility drugs and increases the chance of developing a condition called OHSS.

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.

Whatever your AMH level is, it is important to remember that AMH alone does not predict your chances of pregnancy or IVF success. Your potential for conceiving is influenced by lots of other factors too, such as your age and other key hormone levels. All of these things together with your AMH level will be taken into account when determining how we can help you have a baby.