



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. It can help predict how many eggs you are likely to obtain in an IVF cycle. It may also identify women who may 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.

AMH TEST: PAYMENT AND FUNDING

NORTH ISLAND

The test typically costs between \$90 to \$125* depending on the laboratory. Fertility Associates will send you an invoice for the test and this may arrive a few weeks after you have had your test because the blood collection labs only bill us once a month. Public funding will cover those who have an AMH test as part of their publicly funded treatment.

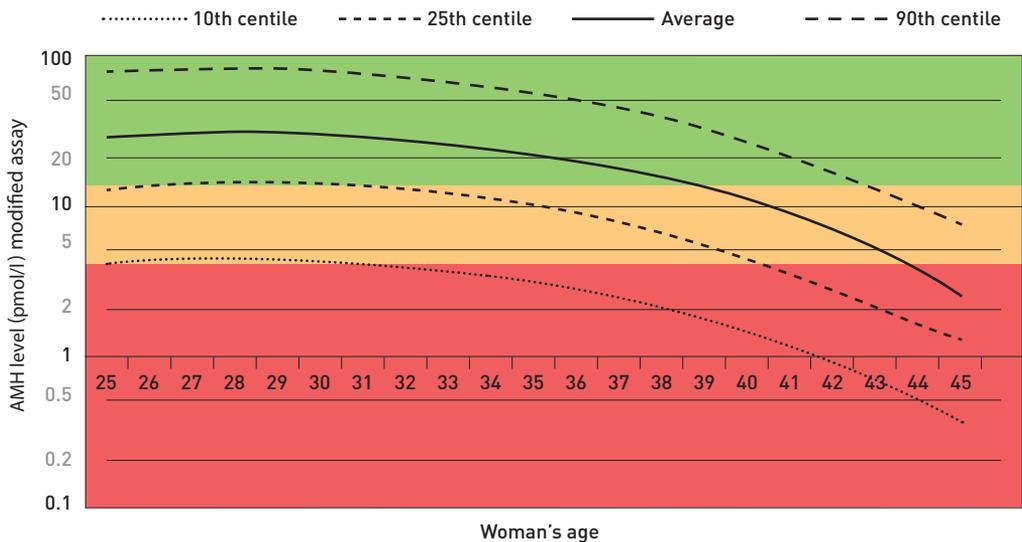
SOUTH ISLAND

The test is only publicly funded in the South Island.

*Current as of 1 April 2018. However fees are subject to change without further notice.



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Green zone	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
Orange zone	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
Red zone	Below the 10th centile for younger, fertile women	Very likely reduced ovarian reserve	20% chance of 6 or more eggs in IVF

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

Contact us: www.fertilityassociates.co.nz • Phone 0800 10 28 28

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- **Wellington** Level 11, 155 The Terrace, RNZ House P 04 384 8401 E faw@fertilityassociates.co.nz
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- **Dunedin** Level 4, Burns House, 10 George Street P 03 955 4546 E fad@fertilityassociates.co.nz

We also hold clinics in Whangarei, Auckland (West, East and Karaka), Tauranga, Gisborne, New Plymouth, Hawke's Bay, Wanganui, Palmerston North, Lower Hutt, Nelson, Rolleston – Christchurch and Queenstown. Please call us or check our website for further details.