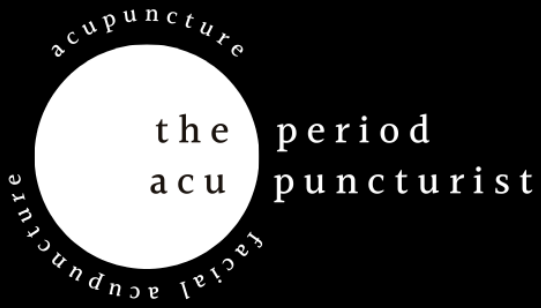


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Menstrual cycle blood tests



*please note that reference ranges can vary wildly even by NHS hospital. These references are for information only and you should clarify with your clinic



please read

the information in the document is not intended to be medical advice. please consult your primary health practitioner if you have any concerns around your health

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Blood test	Timing	Why?	Range
FSH	Day 2-3	To measure ovarian reserve	<10 IU/L: normal ovarian reserve 10-20 IU/L poor ovarian reserve >20 IU/L may signify menopause
LH	Day 2-3		1-4 - 7.8 IU/L
E2	Day 2-3	Should be tested alongside FSH as high E2 can have a negative effect on FSH.	>188 - 210 pmol/L
Progesterone	7 days before your period starts	Will tell us if ovulation has occurred	>9.54 nmol/L (>3ng/mL) will indicate that ovulation has occurred <3 ng/mL ovulation has not occurred
Prolactin	Anytime in your cycle	Even mildly elevated prolactin should be investigated with an MRI to rule out prolactinoma.	Lower range: 71-98 mIU/L Upper range: 348-492 mIU/L
Full thyroid	Anytime in your cycle	People with subclinical hypothyroidism and or raised antibodies can have lower ovarian reserve. It can also cause anovulation or irregular ovulation	See next page

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Blood test	Why?	Range
TSH	Will have an impact on fertility. People with a history of infertility or miscarriages	Below 2.5 is optimal Lower range: 0.4 Upper range: 4.5 μ IU/mL
Free thyroxine (FT4)	Tested in conjunction with TSH	Lower range: 9 Upper range: 25 pmol/L
Free triiodothyronine (FT3)	Often not tested - but I wish it was!	Lower range: 3.5 Upper range: 7.8 pmol/L
Thyroiglobulin	Hashimotos (autoimmunity) which can be linked to miscarriage and implantation	0-40 IU/mL
TPO	Hashimotos (autoimmunity) which can be linked to miscarriage and implantation	0-35 IU/mL

Blood test	Timing	Why?	Range
AMH	Anytime in your cycle	Higher no. of early follicles, will mean a higher level of AMH. A good predictor of ovarian stimulation.	*see separate page
Cortisol	Anytime in your cycle but ideally should be done close to waking	Chronic high cortisol levels can cause irregular periods	5 to 25 mcg/dL (140-690 nmol/L)
DHEA-S	Anytime in your cycle	Can often be high with PCOS and low with HPA dysfunction. This steroid hormone declines with age	25 - 35 years; 2.68 - 9.23 μ mol/L 35 - 45 years: 1.65 - 9.15 μ mol/L 45 - 55 years: 0.96 - 6.95 μ mol/L
Iron	Anytime in your cycle	Iron deficiency could lead to ovulatory problems	Iron: 5.8 -34.5 μ mol/L Ferritin: 30-400 μ mol/L
Tesosterone	Day 2-3	Low testosterone may indicate low ovarian reserve. High testosterone may indicate PCOS	< 1.8nmol/L
Vitamin D	Anytime in your cycle	Low vitamin D is linked to endometriosis, lower clinical pregnancy rates following IVF and PCOS	Severely deficient: <25 nmol/L Deficient: 25-50 nmol/L Adequate: 50-75 nmol/L Optimal: >75 nmol/L

AMH

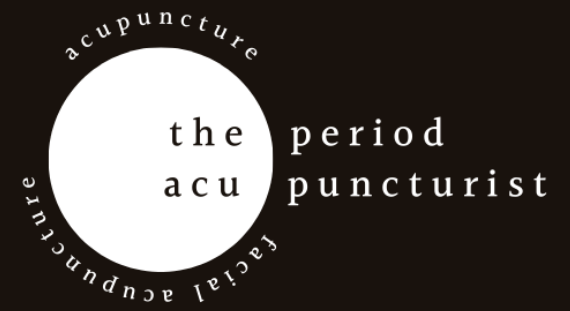
Age	Range pmol/L	Range ng/mL
29	25	3.5
30	22.8	3.5
31	22.1	3.1
32	17.9	2.5
33	18.6	2.4
34	16.4	2.3
35	15	2.1
36	12.9	1.8
37	11.4	1.6

Age	Range pmol/L	Range ng/mL
38	10	1.4
39	9.3	1.3
40	7.9	1.1
41	7.1	1
42	6.4	0.9
43	5	0.7
44	4.3	0.6
45	3.6	0.5
46	2.9	0.4

Potential diagnosis	Blood tests	Signs and symptoms
Primary Ovarian Insufficiency	High FSH, low E2	Loss of periods
Hypothalamic amenorrhea	Low FSH, low E2	Loss of periods
Diminished ovarian reserve	High FSH, high LH	Difficulty getting pregnant, late or absent menstruation or menstrual cycles that are shorter than usual
PCOS	Normal FSH, high LH, high free testosterone. If total testosterone is only tested than sex-hormone binding globulin (SHBG) be tested also	Irregular periods, hirsutism and/or acne and polycystic ovaries
Adrenal PCOS	High DHEAs, normal testosterone	Irregular periods and polycystic ovaries

Potential diagnosis	Blood tests	Signs and symptoms
Endometriosis	Blood tests not applicable	Pain in your lower tummy or back usually worse during your period, pain during or after sex, pain when peeing or pooing during your period, feeling sick, constipation, diarrhoea, or blood in your pee or poo during your period, difficulty getting pregnant
Perimenopause	Blood tests can be unreliable due to the fluctuations of hormones	See symptom checker here
Fibroids	Low iron	Heavy periods, Painful periods/pelvic pain, Infertility, Irregular bleeding, Constipation, Frequent/urgent urination, Pain with intercourse
Uterine polyps	Blood tests not applicable	Irregular bleeding between periods or after menopause Periods that vary in length and heaviness Very heavy periods Difficulty getting pregnant
HPA Dysregulation	Low DHEAS	Fatigue, anxiety, insomnia, low libido, low blood pressure, salt cravings, poor immunity, brain fog, PMS, irregular periods

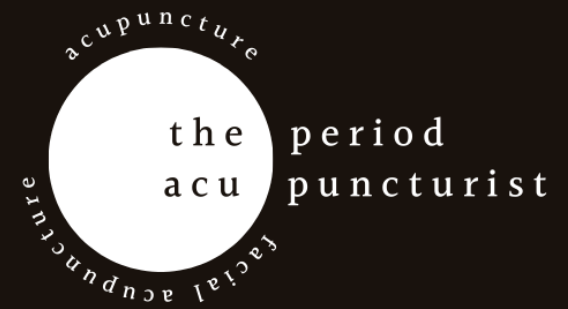
Potential diagnosis	Blood tests	Signs and symptoms
Low progesterone	Progesterone	Spotting during your luteal phase, Difficulty falling or staying pregnant, PMS, Premenstrual headaches/migraines, Heavy periods, Irregular or frequent cycles, Bloating/water retention, Restless legs at night, Insomnia
Oestrogen dominant	E2	Heavy periods, Painful periods, Clotty periods Cyclical migraines, PMS symptoms like bloating, cramping, breast tenderness, and mood swings, Fibrocystic breasts, Uterine fibroids, Endometriosis, Polyps, Fatigue, Depression/anxiety
Hyperthyroidism	TSH level is low and Free T4 is high. Free T3 may also be tested and may also be high	Absent or infrequent periods, weight loss, anxiety, insomnia, sensitivity to heat, heartbeat irregularities
Hypothyroidism	TSH level is high and the Free T4 result is low	Feeling tired, Weight gain, Irregular menstrual cycles; Heavy periods, Higher sensitivity to cold, Swelling and oedema, Dry skin and hair, Thinning hair on the head, Constipation, Trouble becoming or staying pregnant, Goiter (abnormal growth/enlargement of the thyroid)
HPA Dysregulation	Low DHEAS	Fatigue, anxiety, insomnia, low libido, low blood pressure, salt cravings, poor immunity, brain fog, PMS, irregular periods



References

Acupuncture for IVF and Assisted Reproduction: Irina Szmelskyj & Lianne Aquilina

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Hi! I am Andrea The Acupuncturist



I am here to help you get to the bottom of your period problems



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