kindbody

Fertility Assessment

Step by step.



Our full Fertility Assessment includes a 1:1 consultation with a fertility specialist, blood testing, an internal ultrasound of your uterus/ovaries, and a personalized plan for your next steps.

Step 1: A blood test for fertility-related hormones

Anti-Mullerian Hormone (AMH) is one of the most reliable measures of your ovarian reserve. This hormone test combined with information from the ultrasound can determine your ovarian reserve. This is a simple blood test.

What is AMH?

AMH is a hormone. Your levels of AMH can be used as a proxy for quantifying the number of eggs you currently have in your ovaries. AMH levels can be taken at any time of the month and while you are on birth control.

How should I think about my AMH levels?

Typically, if there are no other risk factors, we can think about AMH levels like this:

Low: less than 1	**Normal:** between 1 and 6	**High:** higher than 6

Your provider will work with you to interpret your results.

Step 2: An ultrasound for the follicles on your ovaries

Follicles are eggs that are recruited in your ovaries on a monthly basis. We will count your follicles using an internal ultrasound, which provides a visualization of your uterus, cervix, vagina, fallopian tubes, and ovaries. Follicle counts can vary slightly from month to month. This count can be performed at any time in your cycle and while on birth control.

Step 3: A medical history review

Your age, lifestyle, medical history, and genetic background can all contribute to your fertility. Your provider will assess and take all of these factors into account, along with your personal family planning goals. We encourage everyone to evaluate their fertility at an early age, especially if any of the below apply to you:

- You are over the age of 35 or plan to be pregnant in your mid to late 30's
- You have irregular periods
- You have a personal or family history of endometriosis, premature menopause, or polycystic ovary syndrome (PCOS)
- You have a personal history of smoking, drug use, abdominal or pelvic surgery, pelvic infection, cancer, or chronic illness

Step 4: A personalized plan for your next steps

You will have a 1:1 meeting with a fertility specialist to discuss your results and your family planning goals. The specialist will work with you to come up with a personalized plan that works for you.