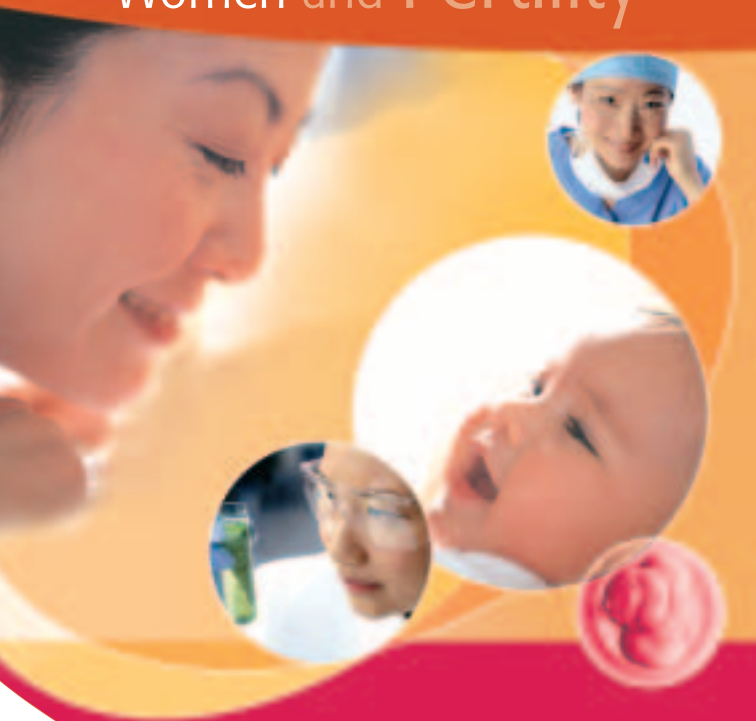


# Women and Fertility



## HORMONE TESTS

Putting all the chances  
on your side

from diagnosis,  
the seeds of better health



According to the World Health Organisation, 8-10% of couples experience some form of infertility problem. Fortunately, in many cases, infertility is treatable.

## Diagnosing infertility

### Why is the right diagnosis important ?

Making the right diagnosis of a fertility problem is essential to ensure successful treatment and increase your chance of having a child. Simple blood tests to determine your hormone levels are some of the first investigations your doctor will perform. Your doctor may also ask for some general blood tests, such as HIV, Hepatitis, Chlamydia and Rubella.

### How does hormone testing help make the right diagnosis ?

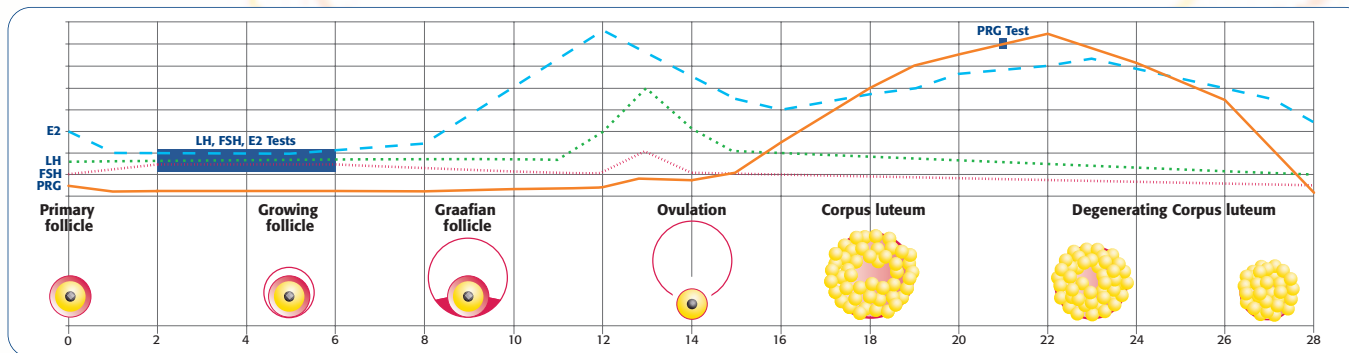
Your body produces a number of different hormones, and each one plays a unique, important role in fertility. An imbalance in the levels of these hormones can be a cause of infertility. So your doctor will perform hormone blood tests to help make the right diagnosis.

### Which hormones are tested during diagnosis ?

**Four main hormones are tested : FSH (Follicle-Stimulating Hormone), E2 (Estradiol), LH (Luteinising Hormone) and PRG (Progesterone).**

These standard tests help detect if your ovaries are functioning correctly, and determine your "reserve" of eggs available for fertilization. **LH** and **Testosterone** tests can be used to detect PCOS (Polycystic Ovarian Syndrome), which indicates that ovulation is not occurring. In addition, **TSH (Thyroid Stimulating Hormone)** and **Prolactin** help determine if there is a thyroid or pituitary cause for your infertility.

### When are hormone tests performed ?



## Treating infertility

### How does hormone testing help during treatment ?

During treatment, your hormone levels are tested to ensure they are controlled. This increases your chance of successful treatment. Hormone tests are also used to monitor the progress of treatment. Some tests will be repeated several times during your cycle, depending on your doctor's protocol and your response to treatment.

### Which hormones are tested during treatment ?

**Estradiol** is important because, when used in conjunction with ultrasound scans, it indicates the growth of follicles (developing eggs). It also reflects the quality of the oocytes (mature eggs). Good quality oocytes have a better chance of developing into healthy embryos – giving you more chance of having a child. Estradiol also helps detect the risk of serious complications from over-responding to medication.

**LH, Progesterone** and **FSH** can also be tested for each cycle during treatment.

Since there is always a chance that you are already pregnant, your doctor may ask for a pregnancy test to check your **hCG (human Chorionic Gonadotropin)** level before beginning treatment. A positive result means you are already pregnant.

## Hormone Testing and Infertility

Woman presenting with suspected infertility

Diagnosis  
Hormone blood tests

Treatment monitoring  
Hormone blood tests

Pregnancy  
NO YES

## ● Why is the **time of the hormone test** important ?

It is very important that hormone tests are performed at the right time. For example, some hormone tests planned in the morning will not give the same result if performed in the afternoon.

For this reason, you should strictly respect the appointments you are given.

## ● Why is it important to use a **good hormone test** ?

The quality of the hormone test used contributes to the outcome of treatment - the more accurate the test, the more chance of having a child.

Your fertility clinic uses high-precision hormone tests to offer you every possible chance of success.



Ask your doctor  
to explain  
more about  
**the importance  
of hormone  
testing.**

Your stamp

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