



FERTILITY TESTING BREAKDOWN

If you're trying to get pregnant, your doctor may recommend the following screenings. Learn the facts behind the most common fertility tests for women and men, and what the results could mean for your pregnancy efforts.

1

FOLLICLE STIMULATING HORMONE (FSH)

WHAT IS IT? A hormone associated with the development of eggs in women and the production of sperm in men.¹



WHAT DOES THE TEST MEASURE? In women, FSH can help determine the health of a woman's ovaries. In men, FSH levels can identify how the testicles are functioning. Abnormal FSH levels are associated with ovarian failure in women and testicular failure in men.¹

2

ESTRADIOL

WHAT IS IT? A female hormone that is the predominant estrogen in a woman's body throughout her reproductive years.²



WHAT DOES THE TEST MEASURE? Your estradiol range can show how well your ovaries or adrenal glands are working. Abnormal results can point to reduced ovarian function.²

3

LUTEINIZING HORMONE (LH)

WHAT IS IT? A hormone that's produced in the pituitary gland that works with FSH to affect egg growth.



WHAT DOES THE TEST MEASURE? An LH screening can evaluate the health of the ovaries or testicles and assess your pituitary function.³ In women, an abnormal LH range could mean you are not ovulating properly or that you have an imbalance of hormones. In men, abnormal results may mean malfunction of the testes.⁴

4

PROGESTERONE

WHAT IS IT? A hormone produced in the ovaries that helps prepare a woman's uterus for a fertilized egg to be implanted. Progesterone also gets the uterus ready for pregnancy.⁵



WHAT DOES THE TEST MEASURE? A progesterone test helps determine if a woman is ovulating. The test can also evaluate a woman's risk of miscarriage or ectopic pregnancy.⁵

5

PROLACTIN

WHAT IS IT? Prolactin is a hormone produced by the pituitary gland and its primary role is to help initiate and maintain breast milk production in pregnant and nursing women.⁶



WHAT DOES THE TEST MEASURE? A prolactin level can help diagnose infertility in men. It can also help diagnose menstrual irregularities or infertility in women.⁶

6

TESTOSTERONE

WHAT IS IT? Testosterone is the main sex hormone in men. It is responsible for male physical characteristics. Testosterone is mainly produced in the male testicles. It is also produced by the adrenal glands in both males and females and, in small amounts, by the ovaries in females.⁷



WHAT DOES THE TEST MEASURE? Abnormally low or high testosterone levels can occur due to a variety of different underlying conditions and can cause infertility in both men and women.⁷

7

SEX HORMONE BINDING GLOBULIN (SHBG)

WHAT IS IT? SHBG is a protein that is produced by the liver and binds tightly to the hormones testosterone, dihydrotestosterone (DHT), and estradiol (an estrogen). In this bound state, SHBG transports these hormones in the blood in biologically inactive forms.⁸



WHAT DOES THE TEST MEASURE? The test measures the level of SHBG in the blood and is most often used to help evaluate for testosterone deficiency or excess.⁸

8

THYROID

WHAT IS IT? A gland in your neck that works to control your body's metabolism.⁹



WHAT DOES THE TEST MEASURE? A thyroid test can determine whether your thyroid is functioning properly. Low levels of thyroid hormone can inhibit your body's ability to release an egg from the ovary and affect fertility.⁹

9

VITAMIN D

WHAT IS IT? A vitamin that regulates calcium, magnesium, and phosphate levels in the body.



WHAT DOES THE TEST MEASURE? The analysis measures whether your body is making normal levels of Vitamin D. A lack of Vitamin D is associated with infertility, lowered pregnancy rate, and hormonal changes.¹⁰

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