

## FERTILITY HORMONES INFO SHEET

Your Hormone Levels

Estrogen (E2)

Date \_\_\_\_\_

Level \_\_\_\_\_

Progesterone

Date \_\_\_\_\_

Level \_\_\_\_\_

FSH

Date \_\_\_\_\_

Level \_\_\_\_\_

LH

Date \_\_\_\_\_

Level \_\_\_\_\_



AMH

Date \_\_\_\_\_

Level \_\_\_\_\_



### NOTES

#### Why are hormone levels important?

Hormone levels are typically monitored during treatment cycles to provide an overall “fertility picture”. This helps to provide an understanding of ovarian reserve (eggs remaining in the ovaries) and helps physicians to guide treatment

#### What are the names of the common hormones tested?

Estrogen (E2): stimulates follicles (eggs)

Progesterone: helps support the uterine lining for implantation and early pregnancy

Follicle-Stimulating Hormone (FSH): stimulates egg development

Luteinizing Hormone (LH): stimulates the release of the egg from the follicle (ovulation)

Anti-Müllerian Hormone (AMH): Secreted by small antral follicles at the start of the cycle, it helps indicate ovarian reserve.