



Fertility Blood Work

Test on Day 3 of your menstrual cycle

- ☐ AMH (Anti-Mullerian Hormone): Indicator of ovarian reserve.

- ☐ FSH (Follicle Stimulating Hormone): Indicator of ovarian reserve.

- ☐ LH (Luteinizing Hormone): LH increases during the follicular phase and triggers ovulation

- ☐ Estradiol (E2): E2 rises during the follicular phase to support follicular growth, endometrial growth, and signals LH to rise and trigger ovulation

- ☐ Prolactin: Increased levels can interfere with ovulation.

- ☐ Total Testosterone & Free Testosterone: Elevated levels can indicate PCOS.

- ☐ Progesterone (P4): Levels should be low during the follicular phase.

Test on Day 18-21 of your menstrual cycle (5-7 days after ovulation)

- ☐ Progesterone (P4): Confirms ovulation & necessary for supporting a developing fetus.

Fertility Blood Work

Wellness Evaluation (can be done on any day of cycle)

- ☐ CBC with differential (Complete Blood Count)

- ☐ CMP (Comprehensive Metabolic Panel)

- ☐ Lipid Panel (Includes cholesterol, triglycerides, HDL, LDL)

- ☐ Vitamin D

- ☐ Hb A1c (Average amount of glucose in blood over past 2-3 months)

- ☐ Fasting Insulin (Insulin resistance seen in PCOS)

- ☐ SHBG (Sex Hormone Binding Globulin, low in PCOS)

- ☐ Ferritin (Iron storage)

- ☐ TIBC + Fe (Indicator of iron deficiency)

- ☐ Hs-CRP (Assess inflammation in the body)

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Thyroid Health (can be done on any day of cycle)

- ☐ TSH (Thyroid Stimulating Hormone)

- ☐ Free T4 (Active T4 hormone, better indication of thyroid function)

- ☐ Total T4 (Free T4 and T4 bound to thyroid binding globulin)

- ☐ Free T3 (Active T3)

- ☐ Total T3 (Free T3 and T3 bound to thyroid binding globulin)

- ☐ Reverse T3 (Thyroid hormone receptor blocker, increases hypothyroid symptoms if elevated)

- ☐ TPO Ab (Thyroid Peroxidase Antibodies, elevated in autoimmune thyroid disease)

- ☐ Tg Ab (Thyroglobulin Antibodies, elevated in autoimmune thyroid disease)

- ☐ TSI (Thyroglobulin Stimulating Immunoglobulin, elevated in autoimmune thyroid disease)
