



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.

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)

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)