

If You Have an Elevated Day 3 FSH Level (#44)

Cycle day 3 blood levels of the hormone FSH (follicle stimulating hormone) is an indicator of ovarian reserve; the ability of the ovaries to create good quality eggs and consequently embryos that will implant well. Depending on the lab used, normal ranges are either under 10 mIU/ml or under 20 mIU/ml. If you have had a high level on this blood test, you may want to ask your doctor about the following:

- Should the test be repeated?
- Will you monitor my day 3 estradiol as well? Levels under 50 pg/ml are considered normal.
- Would a cycle day 3 vaginal ultrasound to check my ovaries for large cysts be helpful?
- Does the clinic do a day 3 antral follicle count on ultrasound?
- Should I have a Clomid challenge test? This involves having a day 3 FSH blood level drawn and then taking Clomid for 5 days followed by another FSH blood test on day 10. Both levels should be below 10 or 20 depending on the lab used.
- Will you do an inhibin level on day 3? This blood test is another so-called "marker" of ovarian function. Levels under 45pg/ml are considered normal.
- Have my prolactin and thyroid stimulating hormone levels been checked recently? Abnormalities in these hormones can affect ovulation as well.
- If I undergo hormone stimulation, which drugs will you use? (clomiphene with HcG, Ovidrel, Novarelle, Repronex; Follistim; or Gonal F.) Clomiphene also can be combined with Repronex, Follistim, or Gonal F.
- If I do an IVF cycle, will you use Lupron or Ganirelix Acetate Injection or Cetrotide to control for a premature surge in the hormone LH and the consequent release of immature eggs.
- If Lupron is ordered, will I use the short or long protocol?
- Is there a concern that Lupron suppression may further reduce my ovarian reserve and result in a poor response to the stimulating drugs?

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