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Flowchart for female hormone analysis

(GP)

Menopause / Perimenopause

Request **FSH only**

FSH > 40 mIU/mL on at least 2 occasions two weeks apart is supportive of the menopause. ***Hormone measurement cannot be used as a secure basis for giving contraceptive advice***

E2 concentrations are very variable but in general < 180 pmol/L

On HRT (oestrogen)

Only request **E2** measurement if on implant / may be of use with patches

A low E2 may indicate the need for renewal of implant if symptomatic

Hirsutism

LH
FSH
Prolactin
Testosterone

DHEAS
Androstenedione
17OH Prog

if testosterone is elevated

Overnight Dexamethasone Suppression Test to screen for Cushings

?PCO

LH
FSH
Testosterone

A **LH:FSH ratio > 3** may indicate PCO

Check **androstenedione** if ratio > 3

An **ultrasound scan** may be more helpful

Infertility

Early follicular (Day 3)

LH
FSH
Prolactin
TSH

(Day 21)

Progesterone

Further investigation carried out by O + G

Irregular periods

LH
FSH
Prolactin
TSH

as an initial screen